

PINT-SIZED WATERMELONS



Bigger than a softball but smaller than a soccer ball. That's the size watermelon that people want, according to industry polls. Why? For a start, many families can't polish off an entire large watermelon before it spoils, gets boring, or crowds out everything else in the fridge. And what about single people? Or folks who walk to the store?

Sliced-and-wrapped wedges are fine, but they're never quite as fresh and crisp as a just-cut melon.

Now watermelon lovers can have the best of both worlds: **mini watermelons** the size of a large cantaloupe, sold under names like **Dulcinea** and **Bambino**. You pay more per kilo, but the price—about \$4 apiece—is still reasonable.

The seedless mini melons aren't genetically engineered and have that rich, scarlet juiciness that few adults or kids can resist.

Bonus: watermelon is one of the most nutrient-packed fruits, with vitamins A and C, potassium, and lycopene, all for just 80 calories in two cups diced.

So toss a pint-sized watermelon into your shopping cart or (sturdy) lunch bag. Who says working all day is no picnic?

Watermelon.org: (407) 657-0261

About CSPI,
publisher of
Nutrition Action
Healthletter



The Centre for Science in the Public Interest (CSPI), founded in 1971, is an independent non-profit consumer health group. CSPI advocates honest food labelling and advertising, safer and more nutritious foods, and pro-health alcohol policies. CSPI's work is supported by *Nutrition Action Healthletter* subscribers and foundation grants. CSPI accepts no government or industry funding. *Nutrition Action Healthletter*, which has been published in the U.S. since 1974 and in Canada since 1996, accepts no advertising.

www.cspinet.org/canada

GO NORTH



"Do a **Southwest Taco Salad**," says **Wendy's** Web site. "Fresh greens topped with chili, cheese, tomatoes, sour cream, and seasoned tortilla strips. It's the perfect mix of hot, cold, and spicy."

"Perfect" may be just a slight exaggeration for a salad that packs 720 calories, 18 grams of saturated fat, 1½ grams of trans fat, and 1,680 milligrams of sodium. That's about what you'd get in a Wendy's Classic Double with Cheese, which piles two quarter-pound patties on one bun.

Instead, try one of Wendy's other Garden Sensations Salads. The fabulous **Mandarin Chicken**, served with Oriental Sesame dressing, has 550 calories, 4½ grams of bad (saturated plus trans) fat, and (ouch) 1,210 mg of sodium. (You can cut 330 mg of sodium and 125 calories if you use just half the dressing and crispy noodles.)

Or try the brand new and delicious **Spinach Chicken**, which clocks in at 450 calories, 4½ grams of bad fat, and 1,330 mg of sodium. (Dumping half the dressing and croutons saves you 300 mg of sodium and 100 calories.)

"Do what tastes right," says Wendy's. Maybe the fast food giant should take a closer look at its recipes before it starts telling *us* what to do.

Wendy's: (905) 849-7685

TIP OF THE MONTH

For a smoky, creamy dip that's great on veggies, pita chips, or tortillas, purée 1 cup of plain fat-free yogurt with 1-2 Tbs. canned chipotle peppers in adobo sauce.

Return undeliverable Canadian addresses to:

Nutrition Action Healthletter
CENTRE FOR SCIENCE IN THE PUBLIC INTEREST
P.O. Box 4252, Postal Station A
Toronto, Ontario M5W 5S4
e-mail: circ@cspinet.org

CANADA		POSTES
POST		CANADA
Postage paid		Port payé
Publications mail		Poste-publications
40017740		