

The Center for Science in the Public Interest (CSPI), founded in 1971, is an independent nonprofit consumer health group. CSPI advocates honest food labeling 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*, first published in 1974, accepts no advertising.



RIGHT STUFF

GRILL, BABY, GRILL



KFC has gotten grilligion.

Its **Kentucky Grilled Chicken** has some 25 to 50 percent fewer calories than its fried chicken. A Grilled Breast, for example, has 180 calories, a fraction of the Original Recipe's 370 and the Extra Crispy's 490. The Grilled Breast's saturated fat is just 1 gram, a shadow of the 5 or 7 grams in a fried breast. And sodium—though still too high—is 440 milligrams, far less than a fried breast's 1,000+ mg.

KFC's grilled chicken isn't just better than fried chicken. It's better than some other chains' *unfried* chicken. Ounce for ounce, Boston Market's ¼ White Rotisserie Chicken (a breast and wing), for example, has 25 percent more sodium than KFC's Grilled Breast and Wing. And Boston Market's pieces are larger, so its breast and wing end up with 900 mg of sodium, versus KFC's 600 mg.

Of course, 600 mg of sodium isn't low. And KFC's sides add more. Our advice: stick with corn on the cob (0 mg), not biscuits, rice, mashed potatoes & gravy, potato wedges, or baked beans (530 to 880 mg). Or bring home a bucket of grilled chicken and add your own sides. Skipping the skin might also trim some salt.

"It's marinated...then slow roasted to juicy perfection," says the Web site. That may curb the harmful compounds that can form in grilled chicken.

Now if KFC would just scale down the salt.

KFC: (800) 225-5532

FOOD PORN

SUNDAE WORST

"**Baskin-Robbins** strongly believes in our customers maintaining a balanced diet," says the company's Web site. "We hope you enjoy our treats together with a healthy diet and routine exercise."

How nice. Baskin-Robbins *strongly* believes in a balanced diet. That must be why it sells **Oreo, Reese's Peanut Butter Cup, Chocolate Chip Cookie Dough, and Snickers Premium Sundaes** along with a new line of **31° Belows**. What better way to balance a healthy diet and exercise? Take the Oreo Premium Sundae.

Thanks to "3 scoops of our delicious Oreo Cookies 'n Cream ice cream layered with hot fudge and marshmallow, then topped with crushed Oreo cookie and whipped cream," it's got 1,290 calories and 33 grams of saturated fat. That's like eating three Quarter Pounders, except the burgers have "only" 21 grams of sat fat.

A large (24 oz.) **Fudge Brownie 31° Below** ("vanilla soft serve blended with brownie chunks and hot fudge") packs 1,900 calories and 39 grams of sat fat (two days' worth). It should take only a brisk seven-hour walk to burn off the day's worth of calories in that "treat."

Baskin-Robbins does offer "BRight Choices." Go for a scoop of Fat-Free Vanilla Frozen Yogurt or a Sorbet for just 130 to 150 calories. Second brightest are the Premium Churned Light and Reduced-Fat No Sugar Added ice creams, with 150 to 230 calories and 4 to 5 grams of sat fat—about half what you'd get in a scoop of regular ice cream.

If *they're* bright, what does that make the Sundaes and 31° Belows?

Baskin-Robbins: (800) 859-5339



tip OF THE MONTH

For a quick topping for grilled shrimp, chicken, or fish, make a fresh salsa by chopping 1 pint of cherry tomatoes, ¼ red or white onion, and a handful of cilantro. For some heat, add a minced jalapeño. Toss with the juice of ½ lime.