

FAST FRUIT



Crisp red and green apples, juicy red grapes, creamy low-fat yogurt, candied walnuts.

Sure doesn't sound like Mickey D's usual fare.

And while we don't expect to see fruit trees sprouting up under the Golden Arches anytime soon, you can now buy a **Fruit & Walnut Salad** at any

McDonald's nationwide. So the next time you need a break from the interstate or the shopping mall, you don't have to settle for burgers, fries, pizza, mega-muffins, ice cream, or other less-healthy foods.

You can't beat the numbers. With the mini-pack of walnuts, the salad has 310 calories (160 calories if you don't eat the nuts). It's low in saturated fat (1½ grams) and sodium (90 mg). And the candied nuts add only ¾ teaspoon (three grams) of sugar. What's more, the salad delivers a respectable six grams of fiber, a good dose of potassium, and 15 percent of a day's calcium. But odds are you'll be thinking "sweet and luscious," not "fiber and calcium," as you dig into each flawless bite of fruit.

Fruit lovers now have a full-size salad to go along with the fast-food chain's dessert-size Fruit 'n Yogurt Parfait (featuring those fabulous blueberries and strawberries) and its Apple Dippers that kids can swap for the fries in a Happy Meal.

Maybe, someday, fruit will be the first thing that comes to mind when somebody says McDonald's.

McDonald's: (800) 244-6227.

About CSPI, publisher of Nutrition Action Healthletter



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, which has been published since 1974, accepts no advertising.

DEEP THREAT

Want some "legendary restaurant pizza from your own oven"? **Uno**, which calls itself "The Original Chicago Pizzeria," now sells its **Deep Dish Pepperoni Pizza** in supermarket refrigerator cases nationwide.

Lucky you.

Now you can tuck into a slice of pizza that delivers 410 calories and eight grams of saturated fat—40 percent of a day's worth—and never have to get off your couch. And you don't have to pay extra for the 860 milligrams of sodium that makes Uno's a double whammy to your arteries.

The catch is that many people won't stop after one slice (a fifth of a not-terribly-large pie). At Uno's restaurants, each diner gets half of a (slightly larger) pizza to inhale on his or her own. The numbers on the package are for the government's five-ounce serving size, which might apply to some children under 8 and some women over 80.

But most people are likely to polish off at least half a pie. That brings the damage to 1,030 calories and 20 grams of sat fat seasoned with 2,150 mg of sodium. It's almost like having two Big Macs...make that four if you finish off the whole pie.

Deep-dish pizzas are always more of a load on your body parts than thin-crust. But with Uno's pizzas, your coronary arteries are in deep mozzarella, too.

Uno: (617) 323-9200.



TIP OF THE MONTH

For a luscious summertime treat, cut ripe peaches in half, spritz with cooking spray, and grill (flat side down) for 2-3 minutes, until soft. Top each half with a dollop of low-fat or frozen yogurt.

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