



SIZZLIN' SALADS



The iceberg age is over. For years, fast-food salads were little more than iceberg lettuce, tired tomato and shredded carrots, and maybe some chicken that had been sitting in the cooler who knows how long.

Humble patrons were grateful to have a salad—any salad—on the menu.

Burger King's new Fire-Grilled Chicken or Shrimp Garden and Caesar Salads have set the bar several notches higher. The shrimp or chunks of chicken are served hot in a packet that BK calls "The Pouch." Just rip it open and scatter the contents over the cool, fresh lettuce (including iceberg), grape tomatoes, baby carrots, red onions, cucumbers, and shaved Parmesan cheese.

If it weren't for the price tag (we paid around \$5 in Washington), you'd think you were dining at a classier joint.

The salads' Achilles' heel: sodium. The veggies plus seasoned (read: salted) chicken or shrimp start out with roughly 900 milligrams—1,020 mg if you dump on the Garlic Parmesan Toast croutons. To keep the sodium down to a dull roar, stick with the Hidden Valley Fat Free Ranch dressing, which adds another 370 mg if you use the whole 40-calorie (three-tablespoon) packet.

Fast-food salads have come a long way...and not a minute too soon.

Burger King: (305) 378-3535.

CARB WATCH OUT

"Delicious items for the carbohydrate conscious"—that's how Denny's describes its new Carb-Watch menu. Make that for the "calorie-unconscious."



The chain's three Carb-Watch breakfast items start your day with 610 to 660 calories and roughly three-quarters of a day's worth of saturated fat (15 to 17 grams). You can choose from the Carb-Watch Two-Egg & Three-Meat Breakfast, the Ultimate Carb-Watch Omelette, or the Carb-Watch Ham & Cheddar Omelette (with "even more shredded cheddar cheese on top").

If that's not enough to make your blood slow to a rush-hour crawl, you can come back for the Carb-Watch Burger lunch (630 calories and 19 grams of sat fat) or the Carb-Watch T-Bone Steak dinner (790 calories and 26 grams of sat fat).

Luckily, the four other Carb-Watch items keep the calories below 400 and the sat fat under seven grams. In fact, the Grilled Chicken Breast Salad and Grilled Chicken or Sirloin Steak dinner could even qualify for Denny's Fit Fare menu (15 grams of fat or less).

How nice of Denny's to help customers make up for its 1,000-calorie Meat Lover's Breakfast or its 1,400-calorie Fabulous French Toast Platter or Farmer's Slam or its....

Denny's: (800) 733-6697.

TIP OF THE MONTH

Mash half an avocado with a fork until it's smooth. Stir in an 8 oz. tub of plain hummus and 1 tsp. of ground cumin. Add the juice from 1/2 lime or lemon. Scoop up with trans-free tortilla or pita chips.

Photos: Burger King (left); Nick Waring (right).

About CSPI, publisher of Nutrition Action Healthletter



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