



BURGER GREEN?



For years, fast-food salads were little more than iceberg lettuce and a little tired tomato, cucumber, and green pepper.

Now **Burger King** adds the moistest, best-tasting chicken you can get at a major fast-food outlet to its three new **Fire-Grilled Chicken Salads**.

But the chicken is also the salads' Achilles heel. It accounts for 590 of the 620 milligrams of sodium in the **Garden Chicken** (with romaine and iceberg lettuce, tomato, cucumber, red onion, and carrots). Add a packet of the Kraft Light Done Right Rancher's Choice dressing and you walk out with 240 calories and just under 1,100 mg of sodium.

To keep the sodium in the other two Fire-Grilleds from climbing higher (and the saturated fat under control), you'll have to perform a little surgery.

If you go to BK to praise the **Chicken Caesar**, skip the bacon and use just half the croutons, grated Parmesan, and Creamy Caesar dressing.

And to sidestep the unwanted gifts that the **Greek Chicken** bears, take home half the feta cheese for tomorrow and use just half a packet of Balsamic Vinaigrette. (You can have the salads assembled to order.)

Sodium and all, Burger King deserves applause for giving its customers a green alternative to a burger, fries, and a Coke.

Burger King: (877) 271-0493.

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

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 a 225-gram 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.

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 since 1974, accepts no advertising.

Printed in the U.S.A.

Return undeliverable Canadian addresses to:

Nutrition Action Healthletter

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