

EASY SQUEEZE



Want to keep your blood pressure out of the danger zone? Trimming sodium helps (as does a diet rich in fruits and vegetables). But you could never go near a salt shaker and still swallow thousands of milligrams of sodium every day.

It's in just about everything. Take ketchup. Who thinks about the 190 mg of sodium in each tablespoon? It doesn't even taste salty.

That's one reason to pick up a bottle of **Heinz** or **Hunt's No Salt Added Tomato Ketchup**. Each knocks the sodium down to 0 mg. They've got the usual ingredients—tomatoes, vinegar, corn syrup, spices, etc.—except for one. Heinz replaces the salt (sodium chloride) with potassium chloride, which tastes somewhat like salt but helps lower blood pressure. (Hunt's skips the potassium chloride.)

Without salt, the ketchups' sweetness registers more clearly on your tastebuds. But so what? No one eats ketchup by itself. On your burger, nuggets, or hot dog, or in your salad dressing or sauce, you're unlikely to know which ketchup you're eating. It's one of many flavors.

And the no-salt-added have no more calories than the regulars (about 20 per tablespoon), which makes them freebies.

Good thing they've got no added sodium, since you're likely to get roughly 200 mg from the bun, 300 mg from the veggie burger, 300 mg from the fries, and 150 mg from the pickle.

Here's to Heinz and Hunt's for making our plates a smidgen less salty.

Heinz: (800) 255-5750
Hunt's: (800) 858-6372

Photos: Nick Waring.

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*, first published in 1974, accepts no advertising.

BISTRO BUST



Bistro Deluxe offers a mac and cheese "experience of true taste sophistication," croon the labels for the **Classic Cheddar, Three Cheese Italiano, Creamy Portobello Mushroom, and Sundried Tomato Parmesan**. "Delicious. Distinguished. Delightful."

It's not clear how many people are yearning for a distinguished macaroni and cheese experience...or how much sophistication you can store inside a small bag of pasta plus cheese sauce.

What is clear is that Kraft's sophistication comes at a price...and not just to your pocketbook.

Let's assume you divide the bag into three of Kraft's modest 1-cup servings. Each delivers 300 calories, a third of a day's bad fat (6½ grams), and half a day's sodium (800 to 920 milligrams). Split the bag into two portions (or eat the whole thing) and the sat fat soars to at least half a

day's worth and the sodium to at least 1,200 mg.

Kraft proudly notes that **Bistro Deluxe** is "A Good Source Of Whole Grain," even though the FDA has asked the food industry not to make that claim. Yet **Bistro's** "9 grams of whole grain per serving" aren't much when the dry pasta in that serving weighs about 50 grams. (Maybe "80% refined grain" didn't sound as good.)

Delicious? Distinguished? Delightful? Try "Damaging."

Kraft: (800) 847-1997

TIP OF THE MONTH

Got the end-of-summer-tomato blahs? Combine 2 Tbs. of balsamic vinegar with 1 tsp. of brown sugar. Drizzle over a big (sliced) tomato. Add a twist of pepper, a few fresh basil leaves, and think "July."

Nutrition Action Healthletter

CENTER FOR SCIENCE IN THE PUBLIC INTEREST
 Suite 300, 1875 Connecticut Avenue, N.W.
 Washington, DC 20009-5728

