

CAN'T BEET IT



If you love beets, you need

Melissa.

She trims, peels, and steams her tender **Baby Red Beets**, then wraps them in a vacuum-sealed package to preserve that fresh-cooked flavor.

It's hard not to devour them right out of the package.

Of course, you could also add them to a

cold salad, serve them as a garnish, or warm them up for a fast, healthful side dish. If you want to get fancy, try roasting them with a drizzle of balsamic vinegar. Or slice them and mix with goat cheese, walnuts, orange sections, and sliced onions. Unopened, they'll stay fresh in the fridge for up to three months.

No matter how you eat your baby beets, each ½-package serving (2-3 small beets) delivers some 20 percent of a day's folate and 4 to 8 percent of a day's fiber, potassium, vitamin C, and iron. While beets don't pack the nutritional punch of broccoli, sweet potatoes, or most other deep-green or orange veggies, they've got only 40 fat-free calories and 30 mg of sodium per serving.

So what's to lose...except all those excuses (too much time, too much trouble, too much mess) that stand between you and fresh beets.

With Melissa's, the beet goes on.

Melissa's: (800) 588-0151.

About CSPI, publisher of Nutrition Action Healthletter



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STACK ATTACK



Every day, millions of Americans stop at a **Starbucks** for a quick pick-me-up on their way to or from work or play. And Starbucks conveniently offers a selection of sweets to go with its beverages. How considerate.

It's just that millions of Americans would be better off without some of the chain's treats. Take the **Chocolate Peanut Butter Stack**. The smallish (5-ounce) bar is made of sugar, peanut butter, milk chocolate, eggs, heavy whipping cream, white flour, cocoa butter, milk fat, and margarine, among other things.

No one would mistake it for a bag of baby carrots or a slice of cantaloupe. But they might be surprised to learn that it's got more calories (670) than a McDonald's Big Mac (560) and, at 20 grams, twice the saturated fat. In fact, it's got as many calories as a Big-Mac-sized Cinnabon and more sugar than a can of Coke.

Granted, the Stack is the worst Starbucks bar. The Caramel Brownie and Seven Layer hover around 600 calories, while the others range from 300 to 500 calories. Of course, many patrons wash their bar down with a 500-to-800-calorie venti Crème Frappuccino.

If only Starbucks menu boards would list the calories in its drinks and snacks. That way, customers would know when they should think of their little pick-me-up as dinner.

Starbucks: (800) 235-2883.

TIP
OF THE MONTH

Measuring gooey ingredients like honey, maple syrup, or molasses? Spritz the measuring spoon or cup with cooking spray first. The sticky stuff will slide right off.

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

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