 Shoot for two servings of fatty fish a week, says the American Heart Association. But canned salmon is often salty and fresh salmon means a trip to the market.

Solution: Ocean Beauty Sea Choice frozen Salmon Burgers.
Just reach into your freezer, grab a box, and throw a burger into a toaster oven (or pan, grill, or regular oven). After around 10 to 15 minutes, your Seasoned or Herb Crusted Patties are ready to plop onto a whole grain bun with some lettuce, tomato, onion, or any other garnish. No muss, no fuss.

Each delicious Seasoned patty has 16 grams of protein and 500 milligrams of the omega-3 fats EPA plus DHA, all for just 120 calories and virtually no saturated fat. The “seasonings” (including a touch of corn syrup and salt) translate into just 1 gram of sugar and 230 mg of sodium.

The fabulous Herb Crusted patties have less protein (12 grams) and omega-3s (310 mg) because the breading replaces some of the salmon. But each patty still keeps the calories (200) and sodium (240 mg) quite reasonable. And that crispy, light breading can win over the staunchest non-fish fans.

Ocean Beauty uses only sustainable wild Alaska salmon, so you don’t have to worry that salmon farms are polluting local waterways and soil.

The burgers are available nationwide at stores like Albertsons, Harris Teeter, Jewel-Osco, Kroger, Shaw’s, Safeway, and Target. (A box of four 3 oz. patties will run you about $4.50.) Just add a fresh green salad and fruit, as the box suggests.

Now that’s a value meal.

Ocean Beauty: (206) 285-6800

**PAIN IN THE ANGUS**

“The more the meatier.” “You can never have too much of a good thing.” “Have your bacon, eat it too.”

Those are a few of the “Angus Axioms” in ads for McDonald’s new Angus Third Pounders.

Two out of three Americans are overweight or obese. Obesity rates have doubled in children and teens. And McDonald’s wants us to shift from Quarter Pounders to Third Pounders. Why not Half Pounders? Or Full Pounders? After all, adding on pounds seems to be our national pastime.

Angus Third Pounders come in three flavors: Deluxe, Mushroom & Swiss, and Bacon & Cheese. To your waistline, their 750 to 790 calories look like two Quarter Pounders (410 calories each). That’s because each Angus has more meat and always comes with cheese, and it takes a bigger bun to hold it all.

You shuffle out of the Golden Arches with at least three-quarters of a day’s saturated fat (16 or 17 grams) plus 2 grams of trans fat (it occurs naturally in the beef and cheese). With a boost from American cheese and pickles, the Deluxe tops a day’s sodium (1,700 milligrams). The Bacon & Cheese hits 2,070 mg of sodium and, if you get it as part of a Value Meal—with fries and a soda—1,380 calories. Yum.

Over at Burger King, the Steakhouse XT Burger, made with a 7 oz. beef patty, packs 970 calories, 23 grams of saturated fat, 1 gram of trans fat, and 1,930 mg of sodium. Why not just call it a Steakhouse Fat-T Burger?

Oh yeah. Want fries with that?

McDonald’s: (800) 244-6227
Burger King: (305) 378-3535

### dish of the month

**Sauté 1 lb. of chicken breast cutlets in 1 Tbs. of extra-virgin olive oil until golden, about 1½ minutes per side.**

**Add a drained 6 oz. jar of marinated artichoke hearts. Season with freshly ground black pepper and sprinkle with Parmesan cheese.**

Photos: © Ocean Beauty (left); McDonald’s (right).