**Deli Done Right**

One quick stop at your supermarket’s deli counter and you can stock up on a week’s worth of quick sandwich fillings. But you’ll also stock up on sodium—about 400 to 700 milligrams in each 2 oz. serving of deli turkey, roast beef, or ham. That is, unless your deli carries Dietz & Watson Gourmet Lite No Salt Added Breast of Turkey. Each serving has just 50 mg of naturally occurring sodium. And it’s made without nitrites, which are compounds that may raise cancer risk slightly.

Would you notice the Lite No Salt Added’s milder taste if you took a bite after eating a slice of salted turkey? Probably. Would you notice any difference if you used some in a sandwich with mustard, onions, lettuce, or other fixin’s? Not likely.

If you can’t find the No Salt Added, try the company’s Gourmet Lite Breast of Turkey. It’ll cost you more sodium (240 mg), but you’re still better off than you’d be with most other deli sliced turkeys.

If you’re tired of turkey, look for Boar’s Head lower-sodium meats. The two lowest— No Salt Added Oven Roasted Beef Round (40 mg of sodium in 2 oz.) and Deluxe Low Sodium Oven Roasted Beef Cap-Off Top Round (80 mg)—will pump up the flavor of your sandwich without pumping up your blood pressure.

“Launch your own assault on salt,” urged the Boar’s Head brochure we picked up at a local sandwich shop. “Too much salt can be a true health danger.”

We couldn’t have said it better.

Dietz & Watson: (800) 333-1974  
Boars Head: (888) 884-2627

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**IWADDLE**

“Four fluffy buttermilk pancakes loaded with creamy, rich cheesecake pieces and crowned with cool strawberries, powdered sugar and whipped topping.” That’s how the IHOP menu describes its New York Cheesecake Pancakes.

Just what we needed! Two out of three American adults are overweight or obese and IHOP decides that its ordinary stack of Original Buttermilk Pancakes is too skimpy. They can’t expect customers to walk out of the restaurant with a mere 770 calories, mostly from white flour and (we suspect) a mix of butter and margarine (plus 55 calories’ worth of sugar in every tablespoon of syrup). Patrons would be hungry before they left the parking lot, for heavens sakes.

In contrast, the New York Cheesecake Pancakes are stick-to-your-ribs fare. With 1,100 calories (1,320 with a typical quarter cup of syrup), there’s enough to stick to your hips and thighs, too. And the day’s worth of saturated fat (21 grams) plus three-quarters of a day’s trans fat (1½ grams) can stick to your arteries...if they survive the 2,430-milligram jolt of sodium. (Some of that sodium may be less harmful because it comes from sodium bicarbonate instead of sodium chloride.)

IHOP even manages to target health-conscious diners. How many patrons order the (partly whole grain) Harvest Grain ‘N Nut Pancakes, for example, without knowing that they’re swallowing 920 calories (not counting the syrup)? IHOP does offer some Simple & Fit dishes, which feature oatmeal, egg substitute, whole wheat toast, and fresh fruit. Everything else at the chain? Think of it as the Sugar & Fat menu.

IHOP: (818) 240-6055

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**Margo’s Cream of Cauliflower Soup**

Sauté 1 chopped onion in 1 Tbs. of olive oil. Add 1 chopped large head of cauliflower, 1 quart of low-sodium vegetable broth, and 2 cups of non-fat milk. Simmer until tender, about 20 minutes. Purée (you can use a hand blender) and season with black pepper and up to ¼ tsp. salt.