

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.



RIGHT STUFF

CAN'T TOP A LOUPE



Walking through the processed-food-packed aisles of your super-market, you might forget that all fruits and vegetables are Right Stuffs...and that some, like **cantaloupe**, are among the cream of the crop.

A cup of cubed cantaloupe (about a quarter of a medium melon) supplies more than a day's vitamin A, nearly a day's vitamin C, 12 percent of a day's potassium, and 9 percent of a day's folate. All for only 50 calories, no saturated fat, and virtually no sodium to burden your blood vessels. Even an apple, pear, or banana has around 100 calories.

You know a cantaloupe is ripe when it has a strong aroma, the blossom end (opposite the indented end where the stem used to be) yields to gentle pressure, and the rind has a yellow cast.

What to do with your ripe melon?

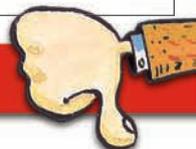
Cut into chunks, spritz with fresh lemon or lime juice, and dig in. Or top with shaved Parmesan and drizzle with balsamic vinegar. Or serve with a bit of goat cheese over a bed of mixed greens tossed with a red wine vinaigrette.

You can also use half a melon as a bowl for a handful of berries. Or cut up chunks of cantaloupe, strawberries, pineapple, and kiwi and top with fat-free Greek yogurt and (if you prefer) a touch of honey.

For a quick lunch, fill half a melon with low-fat cottage cheese and a sprinkle of toasted sunflower seeds. Small cubes of melon also add a refreshing, cool, lightly sweet crispness to shrimp, chicken, or crab salad.

It doesn't get any easier...or better for you.

FOOD PORN



BELLYBOWL



"Love the pasta. Devour the bowl," urge the ads for **Domino's new Bread-Bowl Pasta**.

Some restaurants serve soup in a round loaf of bread with its insides scooped out. Domino's opts for pasta. Is that brilliant or what?

What's not to love about a giant serving of salty white-flour carbs stuffed with salty white-flour carbs like **Chicken Alfredo**, **Chicken Carbonara** (with bacon and Alfredo sauce), **Italian Sausage Marinara** (with Provolone cheese), **Pasta Primavera** (with Alfredo), or **Three Cheese Mac-N-Cheese**?

You gotta give Domino's credit. Other companies may be going bankrupt. But by getting customers to order an entrée instead of *part* of a pizza, the chain is looking out for its bottom line...and yours.

If you devour an entire BreadBowl Pasta—like each family member in the TV ad does—your bottom (and belly and hips) will take notice. You can't expect 1,340 to 1,480 calories to slip by those famished fat cells. And your arteries won't forget the more than a day's worth of saturated fat (22 to 28 grams) or sodium (1,820 to 2,840 milligrams).

But will your brain notice that you just ate the equivalent of an entire Domino's medium hand-tossed 12-inch cheese pizza?

You can save 800 calories (and \$1) if you order the (still unhealthy) pasta bowl-less. It comes in a takeout-type tin in a box that says "Next time, try BreadBowl pasta baked inside the bread bowl. It's even tastier...and the name makes more sense."

Our guess: the tin costs Domino's more than the bread bowl.

Domino's Pizza: (734) 930-3030

dish OF THE MONTH

In a large skillet, sauté 2 Tbs. of tomato paste and 6 chopped scallions in 1 Tbs. of extra-virgin olive oil. Toss in 1 lb. of baby spinach leaves and cook until tender. Season with freshly ground pepper and a pinch of oregano.