



NO HUMDRUM HUMMUS

Hang on to your pita bread.
Hummus is heatin' up.



Sabra's new line of hummus and other Middle Eastern spreads will make you think the Mediterranean is in your fridge.

You can start with **Classic Hummus**, then move on to **Fresh Roasted Red Pepper, Greek Olive, Luscious Lemon, Roasted Garlic, or Supremely Spicy**, with a brief stop at **Hummus with Roasted Pine Nuts or Sun-Dried Cherry Tomatoes**.

No matter which you choose, the taste is more like restaurant fare than the usual supermarket hummus. Extra tahini (sesame butter) and/or canola or olive oil may explain why. They also explain why a two-tablespoon serving will cost you 70 or 80 calories, instead of hummus's usual 50. Unless you're in slim-down-for-that-reunion (or whatever) mode, it's 30 extra calories well spent.

But why stop at hummus? Sample some of Sabra's other spreads—the **Creamy Zucchini Spread** or the **Vegetarian Pâté** (mostly eggplant, onions, squash, and oil), for example. You can even choose from three kinds of **Babaganoush (Red Pepper, Creamy, or Classic)** or **Salsa (Mediterranean Mushroom, Moroccan, or Spanish)**.

So get out the baby carrots and think sunny skies and blue seas.

Sabra: (718) 932-9000.

Photos: Nick Waring.

STRIP TEASE

"We are thrilled to be launching our new premium **Chicken Selects**, as the country sends its premium athletes to the Athens 2004 Olympic Games," announced **McDonald's** last July.



Get it? We're supposed to think of **Chicken Selects** as the gold-medal winners in the chicken-strip competition. After all, they're made of "premium-quality, 100 percent white chicken breast meat, seasoned and lightly breaded."

Ounce for ounce, the (deep-fried) **Selects** are no healthier than the (deep-fried) **Chicken McNuggets**. A five-strip order of **Selects** has 630 calories and 11 grams of bad fat (saturated plus trans). That's a **Big Mac**, except the burger has 1,010 mg of sodium, while the **Selects** hit 1,550 mg. And that's without the sauces, which range from 160 mg (**Tangy Honey Mustard**) to 910 mg (**Spicy Buffalo**).

Despite **McDonald's** PR baloney, its healthiest chicken comes in the **Chicken McGrill sandwich** (400 calories and three grams of bad fat) or the **Caesar Salad with Grilled Chicken** (200 calories and three grams of bad fat, without dressing).

Once again, **McDonald's** fails to medal in the honesty competition.

McDonald's: (800) 244-6227.

TIP OF THE MONTH

Keep a bag of frozen blueberries on hand for a quick wintertime smoothie made with low-fat milk, a ripe banana, and a handful of berries.

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**, which has been published since 1974, accepts no advertising.

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