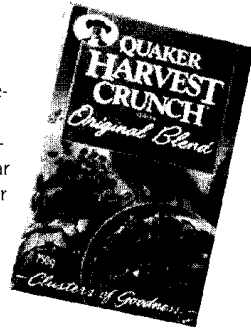


# 10 FOOD SECRETS YOU SHOULD KNOW!

## 1 QUAKER HARVEST CRUNCH ORIGINAL BLEND CEREAL.

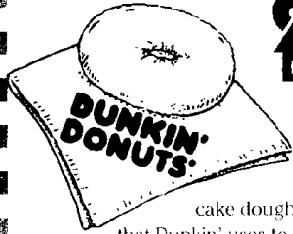
Does Mother Nature want you eating a tiny one-third cup serving of oats coated with two teaspoons of sugar and laden with more artery-clogging saturated fat than you'd get in a regular McDonald's hamburger? No doubt she'd prefer a low-fat, low-sugar, whole-grain cereal like Cheerios or any regular shredded wheat cereal. If you're stuck on granola (and sugar), at least choose a product like Health Valley No Fat Added Granola.



## 2 DUNKIN' DONUTS PLAIN CAKE DOUGHNUT.

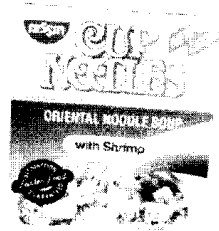
You could turn down Dunkin' Donuts' glazed, frosted, and "kreme" doughnuts and still end up with as much artery-clogging saturated fat as a Big Mac simply by eating a plain cake doughnut. Blame it on the *trans* fats in the shortening

that Dunkin' uses to fry all (yes, all) its doughnuts. Try a toasted bagel with jam instead.



## 3 NISSIN CUP NOODLES WITH SHRIMP.

What could be wrong with a cup of steaming-hot, high-carbohydrate noodles? Let's just say you'd be better off with a small bag of 14-or-so potato chips. That's because, like the chips, the noodles are pre-fried and salted. And Nissin compounds the problem by frying in artery-clogging palm oil and dumping on 19 times more sodium (1,550 mg) than the chips. Try Fantastic Foods Chicken Free Ramen Noodles instead.



## 4 MOVIE-THEATRE POPCORN POPPED IN COCONUT OIL.

A large bucket (20 cups) of unbuttered popcorn at theatres that pop in coconut oil has almost three days' worth of artery-clogging saturated fat! Add the fake "butter" and you'll boost the cholesterol-raising fat to almost four days' worth. That's like eating *eight* McDonald's Big Macs. Even a small bucket (7 cups) contains almost a day's worth of saturated fat. What to do? Choose a theatre that uses air-popped popcorn, or at least one that pops its corn in a heart-healthier oil like corn or sunflower.



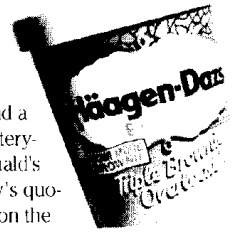
## 5 OSCAR MAYER LUNCHABLES.

It would be hard to invent a worse food than these combos of heavily processed meat, artery-clogging cheese, and mostly white-flour crackers. The line averages 6 teaspoons of fat (that's 60 percent of calories). Instead, try eight Triscuits (they're whole wheat) and two slices of oven-roasted chicken or turkey breast.



## 6 HÄAGEN-DAZS ICE CREAM.

Regular ice cream wasn't fatty enough? Häagen-Dazs has managed to squeeze in more than twice the fat of regular ice cream. Eat a cup of Butter Pecan and you've downed 48 grams of fat... about as much as half a stick of butter. And a cup of Chocolate Chocolate Chip has as much artery-clogging saturated fat (24 grams) as three McDonald's Quarter Pounders! That's more than a whole day's quota. A cup of Ben & Jerry's No Fat Frozen Yogurt, on the other hand, tastes almost as rich as full-fat Häagen-Dazs, with none of the fat.



## 7 CAMPBELL'S REGULAR SOUPS.

They're brimming with salt. Half a can averages 1,000 mg of sodium. That's about half your ideal quota for an entire day. If you're looking for a soup with about half the sodium, check out Campbell's Healthy Request Soups.

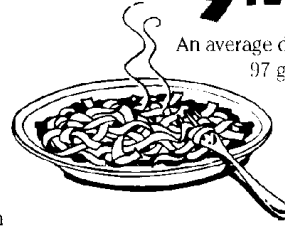
## 8 RICE-A-RONI CHICKEN & VEGETABLES.

One cup — a mere side dish — has 1,470 mg of sodium (more than half your day's limit). As for the vegetables, the two people who share the two-cup box will have to fight over the nine peas, teaspoon and a half of carrot slivers, teaspoon of tomato particles, and even less chicken. "Rice & Salt" would have been a more honest name. Marrakesh Express CousCous or Terrazza Pasta & Beans cuts out about 90 percent of the sodium.



## 9 FETTUCINI ALFREDO.

An average dinner-size take-out entrée contains an amazing 97 grams of fat — or 22 teaspoons of fat. It's like sitting down and eating an entire stick of butter! If you want a lower-fat pasta meal, try spaghetti or linguini topped with tomato sauce, red or white clam sauce, meat sauce, or meatballs.

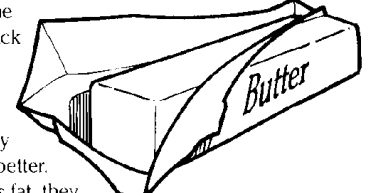


## 10 STICK BUTTER OR MARGARINE.

Don't buy either butter or margarine — if it's a stick. A tablespoon of stick butter has 7 grams of saturated fat — a third of a day's worth.

Margarines (or butter-margarine mixtures like Land O'Lakes Country Morning Blend stick) aren't much better.

If you add their saturated plus *trans* fat, they can have up to 5 grams of artery-clogging fat. Instead of a stick, get a tub. Better yet, go for a lower-fat tub margarine.



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# What's the Best Meat?

The numbers in the chart are for 113 grams of the meat from cooked, skinless poultry or from cooked, carefully trimmed beef, pork, veal, or lamb, unless otherwise noted. A typical steak served in a restaurant weighs 168 to 252 grams. A typical cooked chicken breast contains 85 grams of meat. A typical chicken thigh contains almost 56 grams, a typical drumstick 43 grams, and a typical wing has less than 28 grams. All fat numbers have been rounded to the nearest gram.

Products are ranked from lowest to highest saturated fat, before rounding. Ideally, most people should eat no more than 18 grams of saturated fat in a day. To help non-red-meat eaters, we've listed poultry and fish in color.

<b>Meat &amp; Poultry</b> (113 grams cooked)	<b>Calories</b>	<b>Sat Fat (g)</b>	<b>Total Fat (g)</b>	<b>Meat &amp; Poultry</b> (113 grams cooked)	<b>Calories</b>	<b>Sat Fat (g)</b>	<b>Total Fat (g)</b>
<b>Less than 1 gram of saturated fat</b>				Lamb loin	244	4	11
Turkey breast*	153	0	1	Pork loin, center rib	244	4	11
Turkey Store Extra Lean Ground Breast	146	0	1	<b>5 to 6 grams of saturated fat</b>			
<b>1 to 2 grams of saturated fat</b>				Beef top round, untrimmed (Choice)	253	5	12
Chicken breast	186	1	4	Duck	227	5	13
Turkey wing*	184	1	4	Lamb, shoulder blade	236	5	13
Veal leg, top round	170	1	4	Pork shoulder, arm picnic	258	5	14
Turkey leg*	180	1	4	Chicken thigh, with skin	279	5	18
Beef eye of round (Select)	182	2	5	Perdue Ground Chicken	240	5	16
Chicken drumstick	194	2	6	Veal sirloin, untrimmed	228	5	12
Beef top round (Select)	226	2	6	Beef top sirloin (Choice)	259	5	13
Beef bottom round (Select)	200	2	7	Beef top loin (Choice)	258	5	14
Turkey breast, with skin	214	2	8	Pork center loin, untrimmed	271	5	15
<b>3 to 4 grams of saturated fat</b>				Ham, leg, rump half, untrimmed	285	6	16
Pork tenderloin	211	3	7	Beef tenderloin (Choice)	276	6	16
Pork sirloin, boneless	218	3	8	Chicken wing, with skin	328	6	22
Chicken breast, with skin	223	3	9	<b>7 to 10 grams of saturated fat</b>			
Veal shoulder, arm	185	3	7	Pork loin, center rib, untrimmed, boneless	294	7	18
Chicken wing	229	3	9	Ground beef, 17% fat	289	7	19
Veal sirloin	190	3	7	Beef top sirloin, untrimmed (Choice)	304	8	19
Lamb shank	203	3	8	Beef chuck, arm pot roast (Choice)	331	8	21
Beef top round (Choice)	244	3	8	Ground beef, 20% fat	307	8	21
Veal shoulder, blade	193	3	8	Ground beef, 27% fat	327	9	23
Veal loin	198	3	8	Beef top loin, untrimmed (Choice)	337	9	24
Turkey Store Lean Ground Turkey	226	3	11	Porterhouse steak, untrimmed (Choice)	345	10	25
Beef tip round (Select)	210	3	8	<b>More than 10 grams of saturated fat</b>			
Pork top loin	229	3	9	Duck, with skin	381	11	32
Ham, leg, rump half	233	3	9	Lamb loin, untrimmed	357	11	26
Pork center loin	228	3	9	Beef chuck, arm pot roast, untrimmed (Choice)	393	12	29
Pork sirloin, untrimmed, boneless	235	3	10	Beef chuck blade roast (Choice)	393	12	29
Beef top sirloin (Select)	220	3	9	Pork spareribs, untrimmed	449	13	34
Chicken thigh	236	3	12	Beef short ribs, untrimmed (Choice)	532	20	47
Chicken drumstick, with skin	244	3	13	<b>For Comparison</b>			
Turkey leg, with skin	235	4	11	Flounder	132	0	2
Lamb sirloin	231	4	10	Pink salmon	168	1	5
Turkey wing, with skin	259	4	14				
Veal shoulder, blade, untrimmed	210	4	10				

\* Fryers and roasters (hens and toms may be twice as fatty). ■ Information obtained from USDA Handbook 8 and manufacturers. ■ The use of information from this article for commercial purposes is strictly prohibited without written permission from CSPI.