

## CAN'T TOP THIS



Want to add some crunch to your salad, some zing to your pasta, some zip to your dip?

Introducing **Blue Diamond Almond Toppers.** Roasted, seasoned, and slivered or sliced, they're not just plain old almonds.

Throw some **Spicy Szechuan** in a stir fry.

Sprinkle the **Roasted Garlic**on a baked potato. Toss the **Country Ranch** in a salad.

Mix the **Sun Dried Tomato & Basil** with some pasta. Top some hummus or veggie dip with the **Robust Parmesan**.

You'll find similar flavors (plus **Bacon Cheddar** and **Honey Roast**) from **Sunkist**, which has also gotten into the seasoned slivered-almond act with its **Almond Accents**.

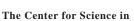
Just remember that almonds—like any other nuts—are caloriedense. Their unsaturated fat can cut cholesterol and protect your

heart. But unless you're one of the 175
Americans who are *trying* to gain weight, you can't just follow the package's advice to "enjoy them as a snack right out of the bag."

Instead, start with a tablespoon; that's around 40 calories, 35 milligrams of sodium, and four grams of fat—none of it saturated. Two tablespoons is probably more realistic. Just don't get carried away. With almonds like these, it's hard to stop at a handful.

Blue Diamond: (877) 867-7377. Sunkist: (800) 528-6887.

About CSPI, publisher of Nutrition Action Healthletter



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.

## STARBUCKS ON STEROIDS

We should have seen it coming. Restaurant chains can't resist the impulse to sell ever bigger and more indulgent foods, and Starbucks is no exception. The chain's newest drinks are more like milk shakes than coffee.

Let's all welcome the new Coconut Crème and Vanilla Crème Frappuccinos—the "coffee free indulgence" you were looking for. Call us crazy, but we suspect that few Starbucks customers are looking for the 870 calories in a venti Coconut Crème Frappuccino. Its 32 grams of fat—19 of them saturated—are just a tad steep for a beverage, don't you think?

The original venti Coffee Frappuccino—a "sweet, creamy coffee blended with ice"—was more than a cup of coffee, but less than a meal. It had 400 calories and 18 teaspoons of sugar (some of it from the milk), but only three grams of saturated fat.

Starbucks quickly rolled out three more flavors. The Caramel, Chocolate Brownie, and Mocha Coconut all feature whipped cream on top and more fat and sugar inside. A 20-ounce venti of all but the Caramel supply roughly 600 calories and 23 grams of saturated fat. (The Caramel has "only" 500 calories and nine

grams of sat fat.)

Indulgence sounds so good...until you realize that your britches are feeling a little snug. Then you get to indulge in a little Weight Watchers or a new prescription for drugs to lower your cholesterol or blood sugar.

And to think: You could have had a venti lced Caffè Latte with skim milk for only 110 calories. Ah, decadence.

Starbucks: (800) 235-2883.



To add a refreshingly
tart accent to your next
baked sweet potato,
top it with
2 to 3 tablespoons of
unflavored non-fat yogurt.

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