

NUTRITION NEWS & NOTES

Make Informed Choices When Cooking Tonight

(NAPSA)—The right foods can help keep you from joining the millions of Americans the Health Department estimates are overweight. You don't even have to sacrifice flavor to keep trim.

Now you can look forward to nutrition labels that include counts for "trans fats." The Food and Drug Administration recently ordered food manufacturers to list the amount of artery-clogging trans fats on labels over the course of the next several years.

Trans fat forms during a manufacturing process called *hydrogenation*. They are often found in frozen foods and fast foods, but they can also lurk in crackers, pastries and cookies, and kitchen staples such as margarine. FDA nutritional experts recommend that trans fat and saturated fat, combined, should be limited to no more than 10 percent of daily calories.

Although the labeling mandate kicks in Jan. 1, 2006, some food manufacturers, such as Mrs. Dash Seasoning Blends, have begun listing trans fats on their labels already. Not only are all 12 salt-free blends of Mrs. Dash seasonings trans-fat-free, but on the Mrs. Dash recipe Web site (www.mrsdash.com), grams of trans fats are listed for each recipe in the interactive database. A full 91 percent of the recipes are trans-fat-free.

To start incorporating non-trans-fat recipes into the daily diet, try Mrs. Dash Apple Pork Chops tonight or visit www.mrsdash.com for other tasty inspirations.



Pork chops are better when they're trans-fat-free.

APPLE PORK CHOPS

- 1 Tbsp. Mrs. Dash Table Blend
- 1 Tbsp. unsalted butter
- 4 (1 lb) boneless loin pork chops (about $\frac{3}{4}$ inches thick)
- 1 medium onion, thinly sliced
- 1 cup apple cider
- 1 medium apple

Melt butter in a large non-stick skillet pan, add chops and brown lightly, about 2 minutes on each side. Sprinkle Mrs. Dash Table Blend on chops, arrange onion slices on top and pour apple cider into skillet. Bring to simmer, cover and cook for 25 minutes. Peel, core and slice apple. Uncover and add apple slices to pan and cook uncovered 5 minutes. Garnish with apple slices and pan juices and serve. **Makes four servings.**

Nutritional Information Per Serving: Cal.: 222; Sodium: 77 mg.; Total fat: 8g; Saturated fat 3g; Unsaturated Fat: 3g; Trans Fat: 0 g; Carbs.: 15g; Potassium: 354 mg; Chol.: 73 mg