

# NUTRITION

## NEWS

### Adding Mediterranean Flair

(NAPSA)—All fat is not created equal—and some sources are a lot healthier than others. Fortunately, one simple substitution can result in tastier and healthier meals.

For example, a delicious turkey sandwich can be less healthy if it's made with a serving of mayonnaise, which can boost the fat content by 10 grams and the cholesterol by 5 mg.



**Many health-conscious sandwich makers add flavor without fat or cholesterol, by using a tasty spread made from chickpeas.**

A better way to flavor wraps and sandwiches would be adding a serving of hummus, a tasty spread made from chickpeas. With no trans fat, no cholesterol and 2 grams of protein per serving, hummus is part of the healthy Mediterranean diet, which features fruits and vegetables, grains, beans, nuts and seeds.

One of the most delicious varieties of hummus is Sabra. It's available in many flavors including Roasted Pine Nut, Jalapeño and Garlic. For more information about hummus and recipes, visit [www.sabra.com](http://www.sabra.com).