

# On dressings

'Lite' salad toppings may not do it

Q. I've been eating more salads recently. How much better are the reduced-calorie and lite-type dressings?

A. You'll be surprised to learn that all those virtuous vegetables you're crunching are being swamped in more calories, fat and sodium than you need or want — even the "reduced-calorie" and "lite" varieties.

Two tablespoons (a typical serving amount — not the one tablespoon serving listed on the bottle) can have as many calories as a candy bar! For example, if you use one 12-ounce bottle of dressing in a week and 9 out of 10 people do, by the way, half of your total fat allowance may be coming from the dressing alone. Two tablespoons of regular dressing contain from 10 to 16 grams of fat.

According to the FDA, a salad dressing can only use the term "light" or "reduced-calorie" if it has at least one-third fewer calories than the regular version. Fewer calories



**Terry Gibb**

does not mean less fat or sodium, however. Many low calorie versions contain as much fat as the brand's regular variety.

Most "light" variety dressings are even more confusing because the term "light" (in any spelling) is not as closely monitored as the "reduced-calorie" labeling. Most "light" dressings are really reduced-calorie dressings in disguise.

Two rules of thumb, according to recommendations from Nutrition Action, to help you sort out the dressing dilemma: One, look for dressings that have no more than two grams of fat per two tablespoon (one ounce) serving. This isn't difficult if the dressing has nutrition labeling on it. If it makes a "reduced-

calorie" or "low sodium" claim, it must have nutrition labeling, otherwise, it's the manufacturer's choice.

If there's no nutrition labeling, check the ingredients label. All ingredients must be listed in descending order by weight. So, if the ingredient listed first is oil, you can be pretty safe in assuming that it's got more than two grams of fat per serving.

Two, look for dressings that have no more than 300 milligrams (mg) of sodium per two tablespoon servings. Unfortunately, the ingredients list isn't going to give you any help with sodium and without nutritional labeling, you'd be guessing. Most, however, have more than the 400 mg. of sodium per serving especially the non-creamy Italian varieties.

Remember, don't assume lower fat also means lower sodium — it usually doesn't. Some lower fat brands have a lot of sodium while some super fatty varieties have less than 300 mg. per serving. Without nutrition labeling or writing from the manufacturer, there's no way to tell.

## clarification

In the recipe for a Mediterranean Supper, which ran in a recent Consumer Mailbag column, the eggs were omitted. The recipe takes six eggs.

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## Oakland Parks tracks Earth Day activities

Want to know how various communities are commemorating Earth Day? The Oakland Parks Foundation is distributing a calendar listing events celebrating the 20th anniversary of

Earth Day on April 22. It lists events like tree plantings in Farmington and an Earth Day Walk in West Bloomfield.

The calendars are being distributed in libraries and other focal points,

according to Frances Greenbaum, executive director of the foundation. It is updated periodically, she said. Additional information about Earth Day events or the calendar itself is available at 335-2771.

Early Adolescents:

# CHANGES & CHALLENGES

A morning for middle school families

SATURDAY, APRIL 7, 1990, 9 A.M.

Kingswood Campus Common Room  
885 Cranbrook Road, Bloomfield Hills

**JONATHAN HANCOCK, M.A., Ed.M.**  
Director of the Cranbrook Schools

**RICHARD GALPIN, M.D.**  
Director, William Beaumont Hospital  
Center for Human Development

**SANDRA LYNES, Ph.D.**  
Associate Professor of Educational and  
Clinical Psychology, Wayne State University

"The Many Faces of Adolescents"

These widely-known speakers will offer fresh insights into the behavior of middle school children. Their panel discussion will be followed by refreshments and an opportunity for questions and informal conversation.

CHILDREN CURRENTLY IN GRADES 5, 6, 7 and 8 ARE INVITED TO COME THIS MORNING FOR FREE EVALUATIVE APTITUDE AND ACHIEVEMENT TESTING. Cranbrook Kingswood Middle School Deans will schedule follow-up appointments to discuss test results.

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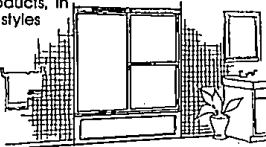
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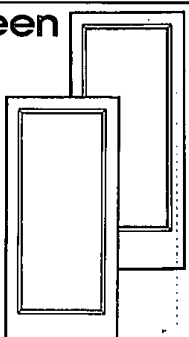
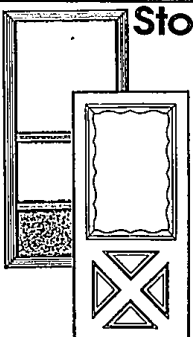


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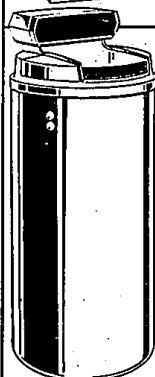
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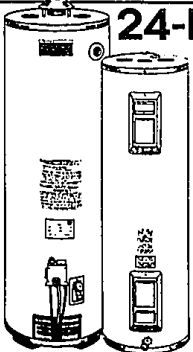
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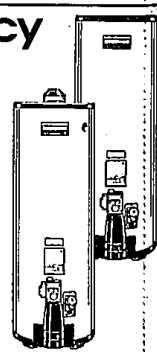


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