

Fresh ink

HOT OFF THE PRESS!

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snack spy

Salty crunch, minus the MSG

The fakey food additive has been fueling our binges for years. Those days are over!

Once you pop, you can't stop. Whoever came up with that slogan must've been watching us bond with the chip bowl at our sister's backyard barbecue. The cause of our madness? MSG. We always assumed this food additive was limited to Chinese takeout. But then the sage ladies in our health department directed us to the research of Russell Blaylock, M.D., author of *Health and Nutrition Secrets That Can Save Your Life* (Health Press, 2006). He found that this flavor-enhancing fairy dust is in tons of crunchy snacks, often listed under weird pseudonyms like "textured protein" and "sodium caseinate." The stuff messes with the brain's satiety signals, rewiring us for perpetual eating. *Yikes!* So we went searching for MSG-free snacks that don't skimp on flavor—and came back truly satisfied.



DORITO DIEHARDS, THIS IS FOR YOU	PEANUT LOVERS, TRY SOME "GARBS"	PRETZEL FIENDS, YOU'LL LOVE THESE
<p>We always get nostalgic when we hang with our BFFs from high school—not just for our softball victories but for the Doritos we smuggled into study hall. As we learned at our last reunion, these chips are as addictive as ever. The MSG in the electric-orange cheese makes it impossible to stick to an 11-chip serving (which packs 150 calories and 8 grams of fat). Next time, we're dumping this frenemy in favor of Mr. Krispers Baked Rice Krisps in Nacho (\$3 for 4.2 oz., at SnackAisle.com). Flavored with real Cheddar and spices, the crunchers omit the fried corn in favor of brown rice (a good source of manganese, which helps the body metabolize carbs). Even better, you get a 35-chip serving for just 120 calories and 3.5 grams of fat. Back to the time capsule, Doritos!</p>	<p>After speeding around town with our to-do list, we're running on empty. Normally we'd refuel with a snack bag of Planters Wicked Hot Chipotle Peanuts...but then we read the label. The 6 oz. package apparently contains six servings (not one) and is loaded with 1,020 calories and 84 grams of fat! Good thing we found a healthy detour in cayenne-seasoned baked chickpeas, which have the same crunchy heat but with only 120 calories and 1 gram of fat per 3.75 oz. serving. To make: Drain and rinse a can of garbanzo beans, then spread them on a cookie sheet. Sprinkle with paprika, cayenne pepper and garlic powder to taste. Bake at 400°F for 45 min., or until the beans are golden and crunchy. Let cool, divide into baggies and you're ready to roll.</p>	<p>On those blessed nights when we have time to relax in front of the TV, all we want in our lap is a nice bag of pretzels. (Beat it, Fluffy!) We thought we were dodging the MSG bullet by skipping the flavored varieties in favor of traditional twists. But then we did a little online detective work and discovered that innocent-sounding pretzel ingredients like malted barley flour and modified cornstarch are major red flags for MSG. Busted! That's why we switched to Salba Smart Pretzels (\$4.50 for 7 oz., at amazon.com and health-food stores). These crunchy salty twists get their complex flavor from salba seeds, which deliver 210 mg of satiating omega-3s in every 100-calorie handful. Bonus: Those omegas are also proven to sharpen memory. Maybe they'll help us find the remote!</p>
<p>SKIP IT!  Tortilla chips</p> <p>PICK IT!  Mr. Krispers Baked Rice Krisps</p>	<p>SKIP IT!  Spicy peanuts</p> <p>PICK IT!  Homemade oven-roasted chickpeas</p>	<p>SKIP IT!  Seasoned pretzels</p> <p>PICK IT!  Salba Smart Pretzels</p>

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