



WHAT'S REALLY IN YOUR...

Hot Dog?

- **BEEF AND PORK:** Both are high in protein—and in unhealthy saturated fat and cholesterol; the meat could come from pig and cow skeletal muscle and by-products.
- **MECHANICALLY SEPARATED TURKEY:** A pastelike substance produced when tissue is removed from bones through a high-pressure sieve. This product is versatile and cheap—and not just for turkey dogs.
- **SODIUM NITRITE:** Helps preserve the red tint of cured meat. Studies have shown that consuming sodium nitrite may increase cancer risk and trigger migraines.
- **CORN SYRUP:** A combo of cornstarch and acids, corn syrup is used as a thickener and sweetener. It contains no nutrients but does add extra calories.
- **EXTRACTIVES OF PAPRIKA:** As a spice, paprika is a good source of fiber and vitamins A and E. However, the extractive form doesn't offer much aside from color.

BETTER BUY **APPLEGATE FARMS Organic Beef Hot Dogs** Made with USDA-certified organic beef and *without* nitrites and corn syrup, these dogs are lower in saturated fat, calories, and sodium than typical supermarket or ballpark fare. —Paige Nestel