



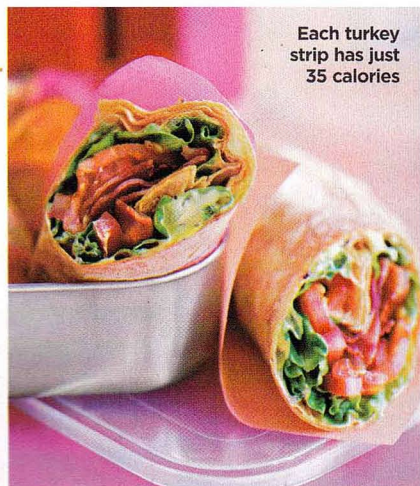
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eat right news

diet friend or foe?

## turkey bacon

▶ It may be a leaner choice than the pork version (most brands have half the saturated fat), but you shouldn't go hog wild with this processed food. **"Any kind of bacon—turkey or otherwise—packs high levels of sodium,"** says Maria Pari-Keener, R.D., a dietitian in New York City. "Just a few strips may have 500 milligrams, a quarter of what you should get daily." Like most cured meats, turkey bacon is made with sodium nitrite, a preservative some studies suggest may be carcinogenic. While the research isn't conclusive (other studies have deemed it safe for humans), Pari-Keener suggests eating no more than 2 ounces of cured meat products per week. Or choose a nitrite-free brand, like Applegate Farms.



Each turkey strip has just 35 calories