

The Center for Science in the Public Interest (CSPI), founded in 1971, is an independent nonprofit consumer health group. CSPI advocates honest food labeling and advertising, safer and more nutritious foods, and pro-health alcohol policies. CSPI's work is supported by *Nutrition Action Healthletter* subscribers and foundation grants. CSPI accepts no government or industry funding. *Nutrition Action Healthletter*, first published in 1974, accepts no advertising.

RIGHT STUFF

FOOD PORN

PLUPERFECT



Pluots



Apriums

In the early 1900s, pioneering botanist Luther Burbank crossed a plum and an apricot. He called the resulting mild-

flavored fruit—half plum and half apricot—a plumcot.

California biologist Floyd Zaiger has taken things further by developing complex crosses of generations of plums, apricots, and plum/apricot combos.

There's the **aprium**, which looks like an apricot but has a more intense flavor. If you're able to catch them in mid-June, during their very brief season, you're in for a treat.

Also more intense than its ancestors is the **pluot**, which looks and tastes like a plum with a hint of apricot. They're available from May through October and are at their peak in mid to late summer.

The best way to eat pluots or apriums is to devour them on the spot. But it's not the only way. Here are a few suggestions from Kate Sherwood, our Healthy Cook:

- Add thin slices to a turkey sandwich.
- Top chunks with a spoonful of Greek yogurt, a few toasted hazelnuts, and a couple of drops of honey.
- Toss chunks with diced chicken breast, pecans, and mixed salad greens. Dress lightly with ranch or another creamy dressing.
- Make a compote: Combine 1 lb. of chopped pluots or apriums with 2 cups of mixed dried fruit, 1 cup of orange juice, 1 cup of water, and a cinnamon stick in a pot. Simmer until the liquid is syrupy, about 20 minutes.

Isn't plant genetics fun?

SINNERCAKE

"After 25 years of making our world famous cinnamon roll, we're kicking off the next 25 years by introducing the world's best **cupcake!**" announces **Cinnabon**. "Baked fresh daily, they're perfect for parties, gifts or any time you need to put a little frosting on your day."

Yessirree. Anytime you need to put roughly 500 calories' worth of sugar, white flour, butter, and who-knows-what (the ingredients are secret) "on your day," stop at a Cinnabon. Well, the calories don't actually end up on your day as much as on various body parts, but whatever.

Choose from the **Cinnacake Classic**, **Chocolate Passion**, **Vanilla Bliss**, or **24-Carrot Cake**. All have either buttercream or cream cheese frosting (that helps explain the 11 to 13 grams of saturated fat) and (we estimate) about 8 teaspoons of added sugar.

Granted, a cupcake does less damage than an 800-calorie Cinnabon...unless you assume that cupcakes are so small that you're entitled to two. Cinnabon conveniently boxes them in party packs holding 4, 6, or 12. There's nothing like a cupcake party. "Mix and match flavors so you can experience the taste of each one," the company suggests.

By party's end, you may have polished off all four. But what's 2,000 calories' worth of cupcake when you're having fun?

Contact your local Cinnabon "to find out when you can treat your loved ones and yourself to our latest baked deliciousness," says the Web site.

Yup. Grab every loved one you can find and get them to eat an extra 500 or 1,000 or 1,500 or 2,000 calories. It's the gift that keeps on giving.



dish OF THE MONTH

Apple Walnut Lentil Salad

Cook 1 cup of green or black lentils until tender. Drain and let cool. Toss with 1 chopped apple and ¼ cup each chopped walnuts, sliced scallion, and crumbled blue or goat cheese. Dress with balsamic vinaigrette.

Cinnabon: (888) 288-7655