

Just For Fun: What Mayonnaise Reveals About You

(NAPSA)—Here's a tip for your next picnic: Don't hold the mayonnaise. In addition to having a great taste, this popular condiment is a health-friendly product you can bring to just about any event.

What Your Favorite Spread Says About You

More food for thought: Mayonnaise may even reveal something about your personality. A survey conducted by Synovate reveals some interesting facts about mayonnaise devotees.

For instance:

- Half of respondents who named mayonnaise as their favorite condiment are less likely to be competitive, athletic or risk takers, while the other half rated themselves as the most ambitious of all condiment devotees.

- Mayonnaise buffs are also equally split between being social butterflies and leisure lovers.

- 25 percent of those surveyed used mayonnaise more often than any other condiment.

- Overall, mayonnaise devotees represent a wide range of interesting people who enjoy adding its great flavor to foods like salads, sandwiches and more.

They may be glad to know that with so many varieties available, mayonnaise can be part of a well-



balanced diet, meeting anyone's dietary needs, according to the experts at the Association for Dressings & Sauces, an international trade association representing mayonnaise, salad dressing, and condiment sauce manufacturers and suppliers to this industry.

Dietary Guidelines

The *2010 Dietary Guidelines for Americans* recommends increased use of oils to replace solid fats, where possible. Mayonnaise was highlighted as a food that contains oil. Mayonnaise is made with healthy oils such as soybean, canola and olive. In addition, mayonnaise is free of *trans* fat.

Learn More

To learn more fun facts and about the healthfulness of mayonnaise, visit www.dressings-sauces.org.