

Food For Thought

The No-Carb Condiment

(NAPSA)—Whether or not you are one of the estimated 18.5 million Americans on a low-carbohydrate diet, you won't have to worry about adding extra carbs or calories when you squeeze that mustard barrel.



Unlike ketchup, which is generally high in sugar content, traditional, yellow mustard has no carbohydrates or calories in an average serving.

In fact, mustard, with roots dating back to earliest man, is credited with many curative and natural health benefits, including stimulation of metabolism. Mustard's legend tells of the hunters and gatherers chewing handfuls of wild mustard seed with meat, for its flavor and stimulating effect.

Fortunately, these days, enjoying the great taste and healthy benefits of mustard is just a big squeeze away. Thanks goes to Plochman's, the family-owned company that's been making America's number two condiment for over 150 years. Plochman's premium yellow mustard is the 2004 gold medal winner for "American Yellows," and was the first mustard available in a plastic squeeze container.

For more mustard mania, serving suggestions and recipes or to join "The Mustard Lovers Club," visit www.plochman.com.