

NEWS IN KOSHER FOOD

Sarah Spinner, Food Editor

This Shavuot TUV TAAM graces the Yom Tov table with an unsurpassed selection of delectable blintzes. From the traditional cheese to the newest apricot-walnut, these superior blintzes are hand-made using only the finest ingredients giving them the home-made taste your family and guests love.

Those planning a dairy meal or kiddush will be pleased to know that the cheese blintzes contain fresh all-natural farmer cheese. For a special Shavuot dish at a meat meal try the potato and vegetable liver blintzes or, if you've got a sweet tooth, the ones with fruit-preserve fillings are delightfully mouth-watering.

And TUV TAAM has not forgotten those on sugar-free diets, the sugar-free cheese and cheese-cherry varieties are as delicious as their sweetened counterparts.

Just in time for the warm weather season, when everyone wants to spend as little time in the kitchen as possible, STREIT'S introduces MY OWN



MEALS. Fully cooked in individual microwaveable or boilable containers, these delicious healthy meals require no refrigeration or freezing.

All the pastas are made of Yosho wheat, and the beef varieties are Glatt Kosher under the supervision of Rabbi Aaron Soloveichik. Coming soon: several dairy, Cholov Yisroel meals. Don't go on vacation without them!

Pop open a jar of "STUFF" sauce and you'll begin to find endless ways in which to serve it. Hot or cold, as a dip, condiment or marinade,



ORIGINAL STUFF and SMOOTH-N-SPICY STUFF are so versatile they enhance the taste of almost any food. Created by Vincent and Lauren Franco in their own

kitchen, these sauces are fat free, with no cholesterol and no preservatives—super healthy! Certified Kosher and parve by the Kof-K. For more information call THE SAUCE FACTORY at (212) 227-6009.

Forget the seemingly endless contradictory health messages that crop up each day determined to confuse and upset us! Medical studies are in unanimous agreement when it comes to potent reasons for eating small, cold water fish—sardines in particular.

Cold water fish, particularly those living in icy, northern waters—such as the King Oscar line of bristling sardines from Norway—contain significantly high levels of natural omega-3 fatty acids.

The high amounts of omega-3 fatty acids, a unique polyunsaturated fat found in fish, are considered by many scientists to be a safeguard against cardiovascular disease and strokes. Omega-3 fatty acids have been proven to effectively inhibit fatal blood clotting. Their presence can also change blood cholesterol levels of cholesterol-combating HDLs, while lowering levels of artery-clogging LDLs.

Additional research indicates that omega-3 can act as a cancer inhibitor and may be a factor in treating or preventing rheumatoid arthritis, migraine headaches, high blood pressure, kidney disease and breast cancer. New studies even show that the presence of omega-3 fatty acids in a woman's diet may decrease the chance of premature labor or preterm birth.

Simply stated, the more omega-3s in the diet, the greater the potential health benefits. As one of the small, cold water fish with the highest omega-3 fish oil content, King Oscar Sardines, certified OU kosher, offer an ideal way to incorporate the nutritional value of omega-3 fatty acids into a healthy diet.

Add a little crunchiness to your favorite dishes with Kof-K endorsed CHINA CHIPS. Available in four distinctive flavors, these all-natural noodle snacks compliment soups and salads or can be enjoyed on their own. Try them with



CHINA DIPS, a uniquely appealing sweet and hot sauce

endorsed by the Triangle-K. A giant replica of Chinese take-out container holding 4 bags—one of each flavor—makes a perfect gift for the barbecue hostess.

M&M/MARS is proud to announce that all "M&M's" Chocolate Candies are now certified OU kosher and that you will begin to see the OU symbol on the back of all packages as of this month (M&M's has been certified O-U kosher since late last year, however until now, the symbol has not yet appeared on pack).

"M&M's Chocolate Candies is known as "the milk chocolate that melts in your mouth, not in your hand," and is the great chocolate taste in the irresistible bite size pieces. "M&M's" has made the joy of chocolate available to more people in more parts of the world, every day, day after day, more seasons of the year than any other brand of chocolate. Since its introduction in the early 1940's, "M&M's" has grown to be the #1 brand of chocolate in the world and the #1 selling snackfood brand in the United States."

"M&M's" Chocolate Candies are nationally available in a wide array of sizes in Plain, Peanut, Peanut Butter and Almond varieties as well as a mini-size "M&M's" Semi-Sweet Chocolate Baking Bits made especially for baking.

Every day, millions of people of all ages enjoy "M&M's" Chocolate Candies. Now, thanks to O-U certification, everyone can.

Nutritious, organically-grown EDENSOY EXTRA is fortified with D salina, Beta Carotene vitamin A, and vegetable quality vitamin E, highly praised anti-oxidants, and vitamin D2, to help assimilate the added calcium so essential for healthy teeth and bones.

It is stupendous on cereals, used cup-