

## Crackers aren't all they're CRACKED up to be!

Can you imagine my **outrage** . . . when for some totally *unknown* reason, I decided to check the label of the saltine crackers I've been buying for YEARS and found they c o n t a i n e d **HIGH FRUCTOSE CORN SYRUP**?

Why in heavens name does anyone need to add this highly addictive processed chemical to our food????? And, how dare the manufacturer of my favorite brand make a change to its contents without letting me know?

You can imagine the "hissy-fit" I was having, right there in the grocery store aisle, as I pulled every brand off the shelf, flipped it over and scanned it for HFCS. Normally you need a magnifying glass to read the ingredients on any label, but I guess I was so mad it improved my eyesight, as I had no trouble finding HFCS.

Every single brand I found in my general supermarket, (I should check the brands at the health food store), contained **HIGH FRUCTOSE CORN SYRUP** -- EXCEPT -- Kellogg's Keebler Zesta

Saltine Crackers. Now don't get too excited; it does contain **corn syrup**, which is a sugar, but less than 1% and it's near the end of the list. As we all know, the farther down the totem pole, the smaller the amount.

I did notice they offer Whole Wheat saltines too. Since I know the truth about "whole" grains, see page **51 Volume 5**. I wasn't interested. But as I started to write this I realized you might want to know if they contain corn syrup as well. The Kellogg website is good to list the ingredients. I did notice the listing of SOYBEAN OIL WITH TBHQ FOR FRESHNESS and wondered what TBHQ stands for, so I wrote to them and asked. They did NOT respond.

Now I know another question you are asking yourself is "why" is Judy buying crackers when she doesn't eat flour or sugar? Well doesn't everyone keep chicken noodle soup in their pantry in case of illness?????? I sure do. But guess I'll learn to go without. Darn!

Yes, the noodles are made from flour and, yes, I just

checked the label - no HFCS but then they don't have to tell you what is in the chicken broth that is listed as the first ingredient - sneaky huh?

Check the label on your boxed or canned chicken broth; most contain sugar or worse **HIGH FRUCTOSE CORN SYRUP**. You have to search, but you can find broth without sugar. Did your grandmother add sugar to her broth? Mine didn't and I sure don't. Want to know how easy it is to make your own? See p **19** in **Cooking with Judy**.

I will also admit I have not been sick for a very long time, yet I buy chicken noodle soup when it is on sale and that is my go-to comfort food when I, too, get blue and feel rejected. So there!!!!!!!

Now you know as much as I do about saltines. It is a good day when we educate ourselves about what we are putting into our bodies.

**Your friend in the kitchen,  
Judy**