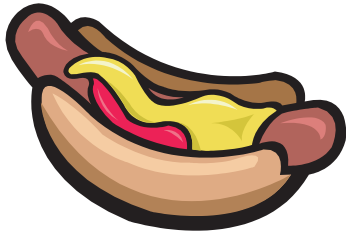
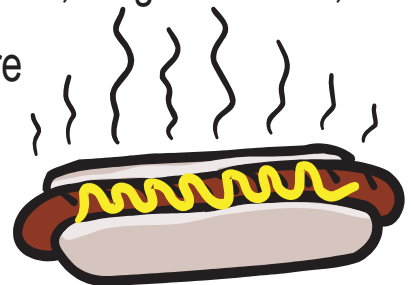


THE TRUTH ABOUT HOT DOGS:



Have you ever wondered what's in a hot dog? Before you let your mind wander too far, it's really no mystery at all. Hot dogs are a healthy food consisting of very few ingredients. Hot dogs are cured, cooked sausages that consist of select trimmings of pork and beef; some are made from chicken or turkey. A hot dog is about 85 percent meat and 15 percent added ingredients like water, salt, curing ingredients, and spices. The United States Department of Agriculture requires that meat used in hot dogs be "muscle meat," just like the fresh ground meat sold in supermarkets. Other parts are considered "variety meats" and must be included on the label.

Hot dogs are nutrient-dense sources of vitamins, minerals, and protein. Hot dogs sold ten to the pound contain about 150 calories, 13 grams of fat, and five to seven grams of protein each. For the even more health-conscious eaters, manufacturers offer low-sodium, low-fat, and fat-free hot dogs. So go enjoy a juicy and plump hot dog today!



MYSTERY SOLVED!