

## SALADS

### APPLE BROCCOLI SALAD

- 2 McIntosh, Empire or Cortland apples
- 3 C fresh raw broccoli, cut up
- 1/4 C chopped walnuts
- 1 T chopped red onion
- 1/3 C raisins
- 1/2 C vanilla low-fat yogurt

Core and chop apples. Mix all ingredients together. Serve on a bed or lettuce. Makes 4 to 6 servings. This is an official 5 A Day recipe.

Recipe provided by the New York Apple Association.

Nutritional analysis per serving: Calories, 118; Fat, 4 g; Cholesterol, 1 g; Fiber, 2 g; Sodium, 27 mg; Percent calories from fat, 28%.

### APPLE CABBAGE SALAD (MICROWAVE)

- 1/4 C sugar
- 1 t cornstarch
- 1/2 t celery seed
- 1/4 t salt
- 1/8 t dry mustard
- 3/4 C water
- 3 t cider vinegar
- 2 T salad dressing
- 2 T plain yogurt
- 6 C shredded cabbage
- 2 apples, cored and chopped

Combine sugar, cornstarch, celery seed, salt and dry mustard in 2-C microwave safe C or bowl. Gradually stir in water and vinegar until smooth. Microwave on high, uncovered, for 3 to 3 1/2 minutes or until mixture boils and thickens slightly, stirring once.

Refrigerate until chilled, about 3 hours. Mix in salad dressing and yogurt. Combine cabbage and apples in serving bowl and pour on dressing. Combine cabbage and apples in serving bowl and pour on dressing. Toss lightly to coat. Serve immediately or refrigerate. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by June Collins.

Nutrient analysis per serving: Calories, 156; fat, 4 g; cholesterol, 3 mg; fiber, 4 g; sodium, 201 mg; Percent calories from fat, 23%.

### APPLE PASTA SALAD

- 1 container (8 ounce) plain nonfat yogurt
- 1 can (8 ounce) unsweetened crushed pineapple, undrained
- 1/2 t salt, optional
- 1/4 t garlic powder
- 1/4 t dry mustard

- 1 t finely chopped crystallized ginger
- 1 T honey
- 2 C uncooked rotini pasta
- 1/2 C shredded carrot
- 1 C sliced celery
- 1/4 C sliced green onions
- 1/4 C raisins
- 3 C diced, unpeeled apples (suggested: Empire, Gala, Ida Red, Jonagold, Jonathan, McIntosh, Red Delicious or Rome)

Thoroughly combined yogurt, pineapple, salt, spices, ginger and honey; refrigerate. Cook pasta according to package directions, omitting salt. Rinse with cold water and drain thoroughly. Cool completely. In large bowl, combine all ingredients including yogurt dressing. Chill thoroughly before serving. Makes 8 (1 C) servings. This is an official 5 A Day recipe.

Recipe provided by the Michigan Apple Committee.

Nutritional analysis per serving: Calories, 215; Fat, 1 g; Cholesterol, 1 mg; Fiber, 3 g; Sodium, 175 mg; Percent calories from fat, 4%.

### APPLE RASPBERRY SALAD

- 1 package (3 ounce) package raspberry flavored gelatin
- 1 C boiling water
- 1 package (10 ounce) frozen raspberries or 1 C fresh raspberries
- 1 1/2 C chopped, unpeeled apples (suggested: Empire, Ida Red, Jonathan, McIntosh, Red Delicious, Rome)
- 1 C unsweetened applesauce
- 1/4 C broken pecan pieces
- 1/2 C sliced celery

In 2 quart mixing bowl, dissolve gelatin in boiling water. Add frozen raspberries and stir gently until raspberries are thawed. Stir in apples, applesauce, pecans and celery. Pour into serving dish or mold. Refrigerate about 2 hours or until mixture is set. Serve as salad or as an accompaniment to beef, pork or chicken. Makes 8 (1/2 cup) servings. This is an official 5 A Day recipe.

Recipe provided by the Michigan Apple Committee.

Nutritional analysis per serving: Calories, 99; Fat, 3 g; Cholesterol, 0 mg; Fiber, 2 g; Sodium, 13 mg; Percent calories from fat, 29%.

### APPLE SALAD WITH LEMON-POPPY SEED DRESSING

- 1/4 C fat free mayonnaise
- 2 T thawed, frozen lemonade concentrated, undiluted
- 1/2 t sugar
- 1 t poppy seeds
- 2 medium apples, sliced (suggested: Empire, Gala, Ida Red, Jonagold, Jonathan, McIntosh, Red Delicious or Rome)
- 1/2 C blueberries
- 1 C cantaloupe balls or chunks
- leaf, Boston or bib lettuce

Combine mayonnaise, lemonade concentrate, sugar and poppy seeds; refrigerate. Arrange apples and fruit on lettuce. Drizzle with lemon dressing before serving. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by the Michigan Apple Committee.

Nutritional analysis per serving: Calories, 99; Fat, 1 g; Cholesterol, 0 mg; Fiber, 2 g; Sodium, 196 mg; Percent calories from fat, 7%.

### APPLE-GRAPE SALAD

- 1 envelope unflavored gelatin (1 T)
- 1/4 C water
- 1 1/2 C apple juice
- 1 C apple, unpared, diced
- 1/2 C red grapes, halved seeded
- 1/4 C chopped celery

Soften gelatin in water for 5 minutes. Heat gelatin over low heat, stirring constantly, until dissolved. Add apple juice. Chill until mixture begins to thicken. Stir in fruit and celery. Pour into 3-cup mold. Chill until set. Makes 4 servings. This is an official 5 a Day recipe.

Nutritional analysis per serving: Calories, 80; Cholesterol, 0; Sodium, 10 mg.; Fat, Trace.

### BRAEBURN APPLE BROWN RICE SALAD

- 3 Braeburn apples
- 2 T lemon juice
- 3 1/2 C cooked quick brown rice
- 3 skinless, boneless chicken breast halves, cooked and cut into chunks
- 1 medium red bell pepper, seeded, trimmed and chopped
- 1/4 C sliced green onions

#### Dijon vinaigrette:

- 3 T olive oil
- 1/4 C chopped parsley
- 3 T rice vinegar
- 2 t Dijon-style mustard
- 2 cloves garlic
- 1 t sugar
- 1/2 t salt
- black pepper to taste

Whisk together vinaigrette ingredients until well combined. Core apples and cut into 1 inch chunks. Gently toss with lemon juice. Combine with remaining ingredients and chill until ready to serve. Makes 6 servings. This is an official 5 A Day recipe.

Recipe provided by the New Zealand Apple and Pear Marketing Board.

Nutrient analysis per serving: Calories, 311; fat, 10 g; cholesterol, 33 mg; fiber, 4 g; sodium, 238 mg; Percent calories from fat, 28%.

### BROWN BAG APPLE SALAD

- 1/2 C orange or grapefruit juice
- 1 T honey
- 1 t lemon or lime juice
- 1 apple (Golden Delicious, Granny Smith, Newton Pippin, Red Delicious or Winesap)
- 1 C seedless grapes
- 1 C orange or grapefruit sections
- 1/4 C chopped walnuts

In medium-size bowl, stir together orange juice, honey and lemon juice. Add apples, grapes, orange sections and walnuts; toss to coat with juice mixture. Refrigerate or pack into individual containers for lunches and snacks. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 152; Fat, 5 g; Cholesterol, 0 mg; Fiber, 3 g; Sodium, 2 mg; Percent calories from Fat, 30%.

### CARROT-APPLE SALAD

- 1 C shredded carrot
- 3 medium Empire or McIntosh apples, unpared and diced
- 1 T lemon juice
- 1/2 C raisins
- 1/3 C cholesterol free, reduced calorie mayonnaise
- salad greens

Combine all ingredients except salad greens. Chill thoroughly. Serve on salad greens. Makes 6 (2/3 cup) servings. This is an official 5 A Day recipe.

Recipe provided by the New York Apple Association.

Nutritional analysis per serving: Calories, 126; Fat, 4 g; Cholesterol, 3 mg; Fiber, 2 g; Sodium, 89 mg; Percent calories from fat, 30%.

### FALL FESTIVAL FRUIT SALAD

- 1 head Iceberg lettuce
- 1 red apple, cored and thinly sliced
- 1/4 lb. grapes
- 1 cantaloupe, or other melon, seeded, pared, and cut into chunks
- Pomegranate seeds (optional)
- Citrus Dressing

Core, rinse, and thoroughly drain lettuce. Using a stainless steel knife, cut into bite-size chunks. Arrange apple slices, grape clusters, and melon wedges on lettuce. Sprinkle pomegranate seed over top. Chill. When ready to serve, drizzle Citrus Dressing over all. Makes 4 servings.

Citrus Dressing:

- 1/2 C plain yogurt
- 1/4 C unsweetened orange juice concentrate, thawed

Combine ingredients, whirl smooth. Makes about 1 C. This is an official 5 A Day recipe. Nutritional analysis per serving: Calories, 186; Fat, 2 g.; Cholesterol, 2 mg.; Fiber, 4 g.; Sodium, 55 mg. Percent calories from Fat, 8%.

#### FOUR FRUIT SALAD

- 1 C seedless grapes
- 1 C orange segments
- 1 large apple, cut-up
- 1 large pear, cut-up

Toss all ingredients together.

Serving suggestions:

1. Serve on lettuce lined plate with scoop of low fat cottage cheese and lite dressing.
2. Serve in glass dish with scoop of sherbet on top.
3. Serve in bowl topped with yogurt.

Makes about 6 servings. This is an official 5 A Day recipe.

Recipe provided by the California Table Grape Commission.

Nutrient analysis per serving: Calories, 78; fat, 0 g; cholesterol, 0 mg; fiber, 3 g; sodium, 1 mg; Percent calories from fat, 6%.

#### FRESH FRUIT COCKTAIL

- 2 C apple juice
- 1 T lemon juice
- 1/2 t grated orange or lemon peel
- 2 (3-inch) cinnamon sticks
- 2 Red Delicious apples, cored and chopped
- 1 1/2 C chopped fresh pineapple
- 1 orange, peeled and sectioned
- 1/2 C seedless grapes

In medium-size saucepan, combine apple juice, lemon juice, orange or lemon peel, and cinnamon sticks. Bring to boil and simmer, uncovered, 10 minutes. Cool to warm; remove cinnamon sticks. In large bowl, combine apples, pineapple, orange, and grapes. Pour cooled syrup over fruit and chill before serving. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 180; Fat, 1 g; Cholesterol, 0 mg; Fiber, 4 g; Sodium, 6 mg; Percent calories from Fat, 5%.

#### FRESH FRUIT COMPOTE

- 1 pound apples, cored and cut into 1/2 inch pieces (about 3 medium)
- 1 pound pears, cored and cut into 1/2 inch pieces (about 2 medium)

- 1 C dark raisins
- 1/2 C orange juice
- 2 T packed brown sugar
- 1 T lemon juice
- 2 slices fresh ginger, about 1/2 inch thick
- 1/4 t ground allspice
- 1/2 C chopped walnuts, toasted

In a 2-quart microwavable casserole, combine the apples, pears, raisins, orange juice, sugar, lemon juice, ginger, and allspice. Cover tightly with a lid or vented plastic wrap. Microwave on high for 9 to 14 minutes, or until the fruits have softened, stirring after 5 minutes. Stir in the nuts. Re-cover and let stand for 15 minutes. Remove the ginger slices. Serve warm. Makes 4 servings. This is an official 5 A Day recipe.

Nutritional analysis per serving: Calories, 376; Fat, 10 g; Cholesterol, 0.0 mg; Fiber, 7 g; Sodium, 16 mg. Percent calories from Fat, 25%.

### FRUITED CARROT SALAD

- 1 can (16 oz.) mixed fruit in juice or extra light syrup
- 1 T cornstarch
- Dash each cinnamon and mace
- 1/4 C nonfat plain yogurt
- 2 C carrot, grated
- 2 C red apple, chopped
- 1 C celery, sliced
- 1/4 C raisins
- Iceberg lettuce

Drain mixed fruit, reserving all liquid. In small saucepan, whisk together reserved liquid with cornstarch, cinnamon, and mace. Stir over low heat until mixture thickens and boils; cool. Stir in yogurt. Combine mixed fruit with carrot, apple, celery, raisins. Toss fruit with yogurt dressing; spoon onto Iceberg lettuce and serve. Makes 4 servings. This is an official 5 A Day recipe.

Nutritional analysis per serving: Calories, 162; Fat, 0.5 g.; Cholesterol, 0.3 mg; Fiber, 6 g.; Sodium, 66 mg. Percent calories from Fat, 3%.

### FUJI APPLE, CHICKEN AND BLEU CHEESE SALAD

- 3 Fuji apples, cored and cubed
- 3 boneless skinless chicken breast halves, cooked and cubed
- 1 C seedless red grapes, cut in halves if large
- 5 C mixed salad greens

#### Bleu Cheese Dressing:

- 1/4 C fat free mayonnaise
- 1/4 C crumbled bleu cheese
- 1 1/2 t lemon juice

Toss together apples, chicken, and grapes with bleu cheese dressing. Divide greens between four salad plates. Place a generous cupful of apple-chicken salad on each plate. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by the New Zealand Apple and Pear Marketing Board.

Nutrient analysis per serving: Calories, 249; fat, 6 g; cholesterol, 56 mg; fiber, 3 g; sodium, 360 mg; Percent calories from fat, 20%.

### GLORIOUS FRESH FRUIT SALAD

- 2 thinly sliced, unpeeled apples (Empire, Cortland, Ida Red)
- 1 C seedless green or red grapes
- 1 sliced banana
- 1 can (16 ounce) pineapple chunks, drained
- 1 C cantaloupe, cut up
- 1 kiwifruit, peeled and sliced

#### Honey-Cream Dressing:

- 1/4 C low fat sour cream or sour cream substitute
- 1 C low fat small-curd cottage cheese, creamed
- 1 C low fat vanilla yogurt
- 2 T honey
- 2 t lime juice

To make dressing, combine sour cream, cottage cheese and yogurt. Mix well. Blend in honey and lime juice. To make salad, combine first five fruits with a little of the dressing; garnish with slices of kiwifruit. Serve remaining dressing separately. Makes 6 servings. This is an official 5 A Day recipe.

Recipe provided by the New York Apple Association.

Nutritional analysis per serving: Calories, 230; Fat, 2 g; Cholesterol, 7 mg; Fiber, 3 g; Sodium, 192 mg; Percent calories from fat, 8%.

### GOLD COAST AUTUMN SALAD

- lettuce leaves
- 2 oranges, peeled and thinly sliced
- 2/3 C dried figs (Calimyrna or Black Mission), stems removed and quartered
- 1 apple or ripe pear, cored and thinly sliced

#### Cardamon Cream Dressing:

- 1/2 C vanilla nonfat yogurt
- 1/2 t honey
- 1/4 t ground cardamon or cinnamon
- 1 T toasted coconut (garnish)

On four individual salad plates, arrange a bed of lettuce leaves. Place orange slices, fig quarters and apple slices decoratively over lettuce. For dressing, in a small bowl, stir together yogurt, honey and ground cardamon until blended. Drizzle mixture over salads.

Sprinkle coconut over salads for garnish. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by the California Fig Advisory Board.

Nutrient Analysis Per Serving: Calories, 167; Fat, 1 g, Cholesterol, 1 mg; Fiber, 5 g; Sodium, 21 mg; Percent calories from Fat, 6%.

### GOLDEN FRUIT SALAD

- 1 Golden Delicious apple, cored and sliced
- 1 Red Delicious apple, cored and sliced
- 1 banana, peeled and sliced
- 1/2 C red grapes, halved and seeded, if necessary
- Orange Yogurt Dressing
- Lettuce

Combine all fruits; mix well. Serve on lettuce lined salad plates with Orange Yogurt Dressing. Makes 3 servings. This is an official 5 a Day recipe.

Orange Yogurt Dressing: Combine 6 1/2 C plain low fat yogurt, 2-3 tablespoons orange juice and dash nutmeg; mix well. This is an official 5 A Day recipe.

Nutritional analysis per serving: Calories, 138; Fiber, 4 g.; Cholesterol, 2 mg.; Sodium, 28 mg. Percent calories from: Protein, 8%; Carbohydrate, 84%; Fat, 8%.

### HARVEST FRUIT COMPOTE

This not-just-for-breakfast compote combines dried and fresh fruits. Vary the fruits with the seasons, perhaps trying fresh peaches and peach nectar in summer instead of apples and apple juice. Don't be afraid to double the recipe: This compote stores well in the refrigerator and is always a welcome treat.

- 1 package (8 ounces) dried mixed fruit
- 1 C unsweetened apple juice
- 1 t almond extract
- 1 t ground cinnamon
- 2 medium apples, cored and cut into 1/2-inch pieces
- 1/4 C water
- 2 T flaked coconut, toasted (see Note)

Sort out the prunes from the dried fruit and remove the pits; cut the larger fruits in half.

In a 2-quart microwavable casserole, combine the dried fruit, including the prunes, apple juice, almond extract, and cinnamon. Cover tightly with a lid or vented plastic wrap.

Microwave on high for 5 minutes, or until heated through.

Stir in the apples and water. Re-cover and microwave on high for 5 minutes. Let stand, covered, for 5 minutes.

Divide the fruit mixture evenly into four small dishes. Garnish with toasted coconut.

Makes 4 servings. This is an official 5 A Day recipe.

Note: To toast coconut, place 2 T flaked coconut in a 1-cup glass measure. Microwave on high for 1 to 2 minutes, or until light brown, stirring every 30 seconds.

From The Pyramid Cookbook by Pat Baird, copyright 1993 by Pat Baird, reprinted by permission of Henry Holt & Co., New York.

Nutritional analysis per serving: Calories, 227; Fat, 2 g; Cholesterol, 0.0 mg; Fiber, 7 g; Sodium, 13 mg. Percent calories from Fat, 9%.

### LUNCH-BOX APPLE BEAN SALAD

- 1 can (16-ounce) dark red kidney beans, rinsed and drained
- 2 large Red or Golden Delicious apples, cored and chopped
- 1/4 C finely chopped green onion
- 1/4 C finely chopped celery
- 1/4 C finely chopped mild green chilies
- 1 1/2 T white wine vinegar
- 1 1/2 T vegetable oil
- 1/8 t salt
- dash hot red pepper sauce (optional)

In medium-size bowl, combine beans, apples, green onion, celery, and chilies; mix well. In small bowl, mix together vinegar, oil, salt and hot red pepper sauce (if desired); stir into bean mixture. Cover and refrigerate at least 30 minutes before serving. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 206; Fat, 6 g; Cholesterol, 0 mg; Fiber, 9 g; Sodium, 78 mg; Percent calories from Fat, 26%

### ORANGE NUTTY SALAD

- 2 oranges, peeled, cut in bite-size pieces
- 1 red apple, unpeeled, cut in bite-size pieces
- 1/2 C sliced celery
- 1/4 C raisins
- 2 T brown sugar
- juice of 1/2 lemon
- 1/4 C coarsely chopped walnuts

In bowl, combine all ingredients except nuts; chill. To serve, stir in nuts. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by Sunkist Growers, Inc.

Nutrient analysis per serving: Calories, 160; fat, 4 g; cholesterol, 0 mg; fiber, 3 g; sodium, 20 mg; Percent calories from fat, 24%.

### ORANGE WALDORF SALAD

- grated peel of 1/2 orange
- 4 oranges, peeled, cut into bite-size pieces
- 1 medium red apple, unpeeled, cut into bite-size pieces
- 3/4 C sliced celery
- 1 C miniature marshmallows
- 3 T light sour cream

- 3 T low calorie (fat and cholesterol free) mayonnaise
- 2 T sliced natural almonds
- 1/8 t ground cinnamon

In large bowl, combine all ingredients; chill. Serve on salad greens, if desired. Makes 6 servings (about 5 1/2 cups). This is an official 5 A Day recipe.

Recipe provided by Sunkist Growers, Inc.

Nutritional analysis per serving: Calories, 111; Fat, 2 g; Cholesterol, 3 mg; Fiber, 3 g; Sodium, 119 mg. Percent calories from Fat, 14%.

### SHERRY AMBROSIA

- 2/3 C orange sections
- 1 C fresh grapefruit sections
- 2 medium red apples
- 2 T dry sherry
- 1 t fresh lemon juice
- 2 t sugar or sugar substitute to equal 2 t. sugar
- 1/3 C sliced banana
- 2 T shredded coconut
- 3 maraschino cherries, drained

Cut orange sections into halves, grapefruit sections into quarters, and cored (but not pared) apples into small bite-sized cubes. Mix these fruits with sherry, lemon juice, and sugar substitute. Cover and chill for 1 hour or longer. Just before serving, add banana; mix well. Spoon into 6 individual dessert dishes. With scissors, cut coconut into small pieces; scatter on top of fruit. Slice maraschino cherries; place a few slices on top of coconut. This is an official 5 A Day recipe.

Recipe provided by Sunkist Growers, Inc.

Nutrient analysis per serving: Calories, 82; fat, 1 g; cholesterol, 0 mg; fiber, 2 g; sodium, 6 mg; Percent calories from fat, 11%.

### SUMMER APPLE COMPOTE

- 2 (about 3/4 pound) red delicious apples
- 2 C watermelon cubes
- 1 C seedless grapes
- 1 orange, peeled and sliced
- 1 banana, peeled and sliced
- 2 C chilled ginger ale
- 2 T lime juice

Core apples and cut into bite-size pieces. Toss with watermelon, grapes, orange and banana. Combine ginger ale and lime juice. Pour over fruits. Serve immediately. Makes 6 servings. This is an official 5 A Day recipe.

Recipe provided by the Washington Apple Commission.

Nutritional analysis per serving: Calories, 110; Fat, 1 g; Cholesterol, 0 mg; Fiber, 2 g; Sodium, 12 mg; Percent calories from fat, 5%.

## SWEET POTATO AND APPLE SALAD

- 2 pounds sweet potatoes
- 1/4 C white wine vinegar
- 2 T water
- 2 T oil
- 2 t lemon juice
- 1/2 t sugar
- 1/2 t salt
- 1/2 t pepper
- 2 cloves garlic, minced
- 3 unpeeled red cooking apples, each cored and cut into 16 wedges (about 1 pound)
- 6 C tightly packed fresh spinach leaves

Cook sweet potatoes in boiling water 25 minutes or until tender; let cool and peel. Cut into 48 (1/4 inch thick) slices, and arrange in a large, shallow dish, overlapping slices. Combine next 8 ingredients in a small jar; cover tightly and shake vigorously. Pour over sweet potatoes; cover and let stand 1 hour. Drain sweet potatoes, reserving vinaigrette. Toss apples with half of reserved vinaigrette. Arrange 6 sweet potato slices and 6 apple wedges on each of 8 spinach lined plates; drizzle with remaining vinaigrette. Makes 8 servings. This is an official 5 A Day recipe.

Recipe provided by the American Cancer Society.

Nutrient analysis per serving: Calories, 164; fat, 4 g; cholesterol, 0 mg; fiber, 4 g; sodium, 176 mg; Percent calories from fat, 21%.

## TURKEY WALDORF SALAD

- 2 C sliced celery
- 2 C cooked small shell pasta
- 2 C diced cooked turkey breast (12 ounces)
- 2 C diced unpeeled sweet apples
- 1/4 C sliced scallions (green onions)
- 1/3 C chopped walnuts, toasted\*

### Yogurt Dressing

- 1/2 C plain nonfat yogurt
- 3 T reduced calorie mayonnaise
- 3 T cider vinegar
- 1 T sugar
- 1/8 t ground black pepper

Combine ingredients for yogurt dressing. In a large bowl combine celery with pasta, turkey, apple, scallions and walnuts. Add Yogurt dressing; toss to coat thoroughly.

\* To toast walnuts: Place in a small dry skillet over low heat until golden, about 5 minutes, stirring occasionally. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by the American Celery Council.

Nutrient analysis per serving: Calories, 411; fat, 14 g; cholesterol, 69 mg; fiber, 3 g; sodium, 204 mg; Percent calories from fat; 30%.