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Thursday, Aug 2, 2007

Food

Posted on Wed, Jul. 11, 2007

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FOOD TO GO

Store ships meals

People on the go should be happy to know that there are a growing number of meal alternatives for their busy lives, and MagicKitchen.com is one of them.

The online business, which is based in Los Altos, Calif., allows folks to order gourmet meals online. Meal selections are changed quarterly and are prepared by chefs to fit folks' varied tastes and desires.

There are also menus for those with dietary restrictions (such as low fat, low sodium, etc.).

The meals can be purchased a la carte or in specially priced meal bundles. The Web site lists the ingredients, nutritional information, cost and other pertinent information. Visit the Web site or call 877-516-2442.

FOOD SAVVY

Check on contents

Food, as you know, can be nutritious and delicious.

However, some foods are heavily processed with additives and preservatives used to enhance taste and improve the foods' shelf or freezer life. So, you might find a Web site by the U.S. Department of Agriculture helpful at deciphering what is going into your body.

Titled "What's in the Food You Eat - Search Tool," the Web site gives consumers the nutrient profiles for 13,000 foods commonly eaten nationwide. The site allows users to put in serving sizes for each food, which can also be sorted by brand name. To access the Web site, go to www.usda.gov.

Once there, go to "Browse by Subject" and click "Food and Nutrition." Under "Spotlights," you will see the icon for "What's in the Food You Eat."

TEA TIME

Try flowering type

Sweet iced tea is one of the treasures of the South. Often, Southerners make plain, ol' sweet tea, which is fine. However, if you are willing to jazz up your tea, you might want to try tea that is good and pretty to look at.

Numi Organic Tea now makes a flowering tea. It comes in black, green and white teas, which "blossom" into flowers when the hand-sewn tea bags are steeped in hot water.

The tea bags can be found at New Life Natural Foods at the following locations:

1209 38th Ave. N. in Myrtle Beach at the Bi-Lo shopping center; call 448-0011

3797 Renee Drive in Carolina Forest at the Kroger shopping center; call 236-1950

556 U.S. 17 N. in North Myrtle Beach at the Gator Hole Plaza; call 272-4436.

Johanna D. Wilson, The Sun News

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