



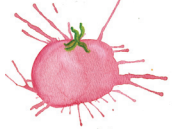










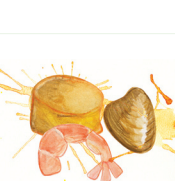

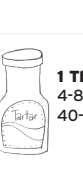






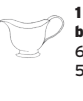


















SPLASH ON NAKANO®

FOR MORE FLAVOR AND NO FAT

The light taste of Nakano® Seasoned Rice Vinegars adds delicious tang and flavor to food without adding fat—and with far fewer calories than most everyday condiments. At just 4 percent acidity, mild Nakano seasoned rice vinegars and Balsamic Blend can be splashed on many foods for a tasty flavor boost.

ITEM	NAKANO TOPPING	TOPPING 2	TOPPING 3	
Sandwiches, Subs, Wraps	 Nakano has lots of flavor and not a drop of fat. Splash it on!	 1 Tbsp Nakano Seasoned Rice Vinegar-Original 0 fat, 20 calories	 1 Tbsp mayonnaise 10 g fat, 90 calories	 1 Tbsp light mayonnaise 4.5 g fat, 40 calories
Juicy Sliced Tomatoes	 Nakano Balsamic Blend is light and mild— perfect for a simple salad.	 1 Tbsp Nakano Balsamic Blend 0 fat, 15 calories	 1 tablespoon bottled balsamic salad dressing* 3.5 g fat, 36 calories	
Steamed Greens	 For hot cooked greens such as chard, spinach, collards, turnip greens and broccoli stalk, Nakano seasoned rice vinegar is a delicious flavor enhancer that's not too tangy.	 1 Tbsp Nakano Seasoned Rice Vinegar-Garlic 0 fat, 20 calories	 1 Tbsp butter 11 g fat, 100 calories	 1 Tbsp whipped butter 7 g fat, 70 calories
Baked Potatoes	 Use a splash of Nakano. Try it, you'll like it.	 1 Tbsp Nakano Seasoned Rice Vinegar-Red Pepper 0 fat, 20 calories	 1 Tbsp sour cream 2.5 g fat, 26 calories	 1 Tbsp butter 11 g fat, 100 calories
Shrimp, Crab Cakes, Clams	 Splash with zesty Nakano seasoned rice vinegar instead of rich tartar sauce.	 1 Tbsp Nakano Seasoned Rice Vinegar-Red Pepper 0 fat, 20 calories	 1 Tbsp tartar sauce 4-8 g fat, 40-75 calories	
Summer Salad	 Use Nakano instead of mayonnaise for coleslaw, macaroni salad and potato salads for more flavor but not a bit of fat.	 1 Tbsp Nakano Seasoned Rice Vinegar-Original 0 fat, 20 calories	 1 Tbsp mayonnaise 10 g fat, 90 calories	 1 Tbsp light mayonnaise 4.5 g fat, 40 calories
Asparagus, Broccoli, Green Beans, Cauliflower	 A splash of seasoned rice vinegar in place of a rich sauce lends a light, refreshing flavor to hot cooked vegetables.	 1 Tbsp Nakano Seasoned Rice Vinegar-Original 0 fat, 20 calories	 1 Tbsp homemade béarnaise sauce* 6 g fat, 54 calories	 1 Tbsp homemade Hollandaise sauce* 6 g fat, 54 calories
Hot Cooked Rice	 Hold the butter and instead try an Asian flavor twist on everyday white or brown rice.	 1 Tbsp Nakano Seasoned Rice Vinegar-Original 0 fat, 20 calories	 1 Tbsp butter 11 g fat, 100 calories	 1 Tbsp whipped butter 7 g fat, 70 calories
Pita Pockets, Tortilla Rolls, Lettuce Wraps	 Add your favorite filling—shredded chicken, carrots, cucumbers, radishes, green onions—and a splash of Nakano seasoned rice vinegar for terrific tangy flavor with no added fat.	 1 Tbsp Nakano Seasoned Rice Vinegar-Roasted Garlic 0 fat, 20 calories	 1 Tbsp creamy dressing* 7-9 g fat, 75-90 calories	 1 Tbsp Thousand Island dressing* 4-6 g fat, 45-60 calories
Garlic Fries, Buffalo Wings, Potato Skins, Onion Rings	 They all have plenty of fat even without a creamy dip. Cut-back on the fat with a splash of tangy Nakano seasoned rice vinegar for a delicious flavor boost!	 1 Tbsp Nakano Seasoned Rice Vinegar-Red Pepper 0 fat, 20 calories	 1 Tbsp Ranch dressing* 7-8 g fat, 75-80 calories	
Artichokes	 Use mild, tangy-sweet seasoned rice vinegar instead of high-fat mayonnaise.	 1 Tbsp Nakano Seasoned Rice Vinegar-Original 0 fat, 20 calories	 1 Tbsp mayonnaise 10 g fat, 90 calories	 1 Tbsp light mayonnaise 4.5 g fat, 40 calories

* Average fat and calories of five bottled balsamic dressings.

* Average fat and calories of several brands of bottled Caesar, Ranch, and Thousand Island dressings.

* For sauces, nutrients are based on cheddar soups, and cheese sauces in the jar, average 1.5 g fat and 23 calories per tablespoon.

