



Dei Fratelli In The News

Category: **Review**
 Title: **Dei Fratelli Pasta Sauces And Salsa**
 Publication: **The Healthy Food Review**
 Circulation: **10,000**
 Date published: **05/05/09**

page 1 of 1

The Healthy Food Review (TM)

From Melanie R. Jordan, Health Coach, Food Makeover Specialist and Author of "Have Your Cheeseburger And Keep Your Health Too!"—where healthy eating achieved with favorite comfort foods is deliciously possible! Check this blog regularly for healthy food reviews (find out what food products are worth opening your wallet for), my thoughts on healthy eating and lifestyle issues, plus fitness tips and resources for healthy eating and living. I also welcome your questions and will include the answers in my "Ask The Coach" posts.

« Healthy Recipes Cheeseburger Wrap | Main | My Two Cents On The Cheerios FDA Warning »

May 05, 2009

Healthy Food Review Dei Fratelli Pasta Sauces And Salsa

There's something great about an all natural product that's backed by a fourth-generation family-owned company. And while you might think well pasta sauce is pasta sauce, and salsa is salsa, not true when it comes to Dei Fratelli pasta sauces and salsa.

First, there's the solid glass mason-type jars that the product comes in, that right away say this is something special. And then the taste—very fresh, very delicious. I tried the Tomato and Basil pasta sauce and Traditional pasta sauce which were wonderful—the extra zest of The Traditional made it a real standout to me. The Fire Roasted was one for my friend to try as we both thought from the title that it would be very spicy. However, he found that it wasn't spicy at all and that "fire roasted" just meant how the vegetables in the sauce were cooked, which was a little let down. The sauce was still good, but it was a labeling misunderstanding—our bad.

The Black Bean 'N Corn Salsa was chunky and just begging to be put on some nice low-fat tostitos chips for a super-healthy snack—so we did, and were really glad for the experience. And since May is National Salsa month—enough said!

You can't go wrong from a healthy eating standpoint with any of these Dei Fratelli pasta sauces and salsas. The Black Bean 'N Corn Salsa has no fat and a skinny 15 calories per serving, and when you look at the ingredient label, it's a pleasure to see that they mean it for the pasta sauces and the salsas when they say "all natural" no chemicals, no high fructose corn syrup, no junky oils. Can you say "wholesome"?

The Tomato and Basil pasta sauce, Traditional pasta sauce and Fire Roasted pasta sauces all have just 1 or 2 grams of fat, none of it saturated, and just 50 - 60 calories per serving. So feel free to add it generously to your favorite, hopefully whole grain pasta—your waistline won't mind at all!

The only downside I could find about Dei Fratelli pasta sauces and salsa is that I've got to order them directly from the company via the Dei Fratelli web site or call 1-877-LYCPENE (I don't normally publish phone numbers, but that's one of the most creative vanity toll-free numbers I've ever seen). Dei Fratelli is working to expand their distribution, but it's primarily a Midwest, Central and Southeast thing at this time. Let's hope my local Whole Foods Market in Vegas gets the opportunity to carry it very soon!

And now I'd like to invite you to get a copy of Have Your Cheeseburger And Keep Your Health Too! and get an invitation to a book customer-only private Q&A teleseminar to get all your healthy eating and fitness questions answered personally by me live! Simply e-mail me a copy of your receipt using the e-mail address in the book, and you'll be invited to the next event! Go grab your copy today, and get one for a friend or loved one while you're at it who should be eating favorite comfort foods without sacrificing!

—Melanie R. Jordan, Author of Have Your Cheeseburger And Keep Your Health Too!
 Available 24/7 at <http://www.HealthyEatingCoach.com>

"Healthy eating with favorite comfort foods...it's deliciously possible!"

Don't miss a post—subscribe to The Healthy Food Review feed.

Check out more of Melanie's empowering publications including her new book on the hot, knowledge-based field of infopreneuring What You Know Is Worth More Than You Know™ - Achieving The Life You Were Meant To Have By Making Money From What YOU Know! on work-at-home lifestyles, foreclosure investing and learn about her Marketing and Infopreneur Consulting and Coaching Services at <http://www.SunLoverPublishing.com>



Book Images



FREE Book Excerpt Healthy Eating Secrets

GET BLOG POST UPDATES Too!
Submit Your E-mail Here

Name:
Email:

We value your privacy and will never sell or share your name with anyone.

Unique Advertising Opportunity!

TheHealthyFoodReview.com
Advertiser: Cookie Advertising On The Healthy Food Review Blog!

Categories

- [Ask The Healthy Eating Coach](#)
- [Commentary](#)
- [Eating Out Healthy](#)
- [Fitness Tips](#)
- [Healthy Beauty Products](#)
- [Healthy Eating Freebies](#)
- [Healthy Eating Tips](#)
- [Healthy Food Makeovers](#)
- [Healthy Food Reviews](#)
- [Healthy Recipes](#)

Advertisements

Ads by Google

[Acai Berry Scams](#)
Thinking of Trying Acai Berries?

To read more articles about Dei Fratelli Products visit <http://www.DeiFratelli.com/mediakit.html>