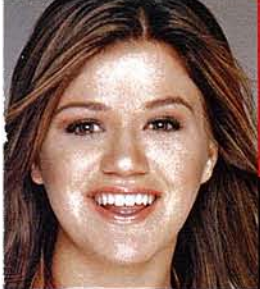


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## Exotic Elixirs

**W**HEN the mercury soars, try some international quaffs. Americans are ready for these refreshing, exotic drinks, says Eve Felder, associate dean at the Culinary Institute of America.

**Karkady** This tart red tea is popular in Egypt (it goes by other names in Mexico, Jamaica and Spain).

**Aam panna** On scorching days, Indians keep a pitcher of aam panna on hand. To make it, boil raw mangoes and blend the pulp with water, sugar, salt, chili powder, cumin and crushed ice. Top with mint leaves.

**Horchata**, a rice drink, was originally made in Mexican homes by grinding rice with a mortar and pestle. The creamy beverage is now sold here at Mexican restaurants and even in grocery stores.

**Ayran** Order this tangy drink with a McTurco burger in any McDonald's in Turkey or make it, with Felder's recipe at right. **CHANDNI JHUNJHUNWALA**

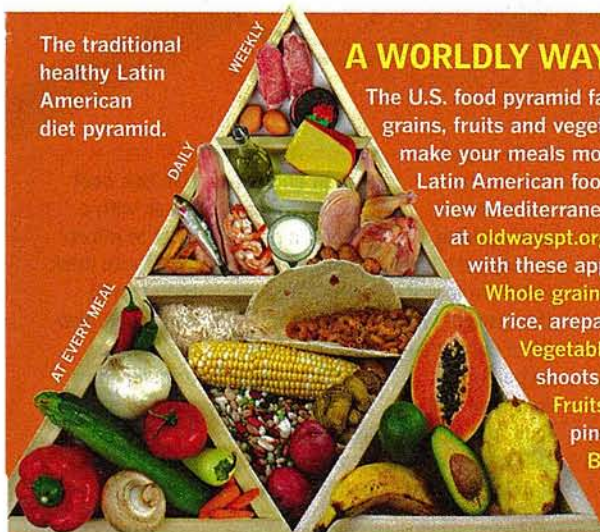


### Ayran

**2 tbs. mint, chopped**  
**2 tbs. sugar**  
**3 cups whole yogurt, plain**  
**1 cup or more water**

1. Combine mint and sugar in mortar. Crush with pestle until they form a syrupy paste (use a blender if you don't have a mortar and pestle).  
2. Combine yogurt and water until smooth and milky. Stir in mint mixture and pour over ice. Serves 6.

The traditional healthy Latin American diet pyramid.



## A WORLDLY WAY TO EAT WELL

The U.S. food pyramid favors a diet high in whole grains, fruits and vegetables. But mixing it up can make your meals more exciting. Take a look at the Latin American food pyramid shown here, or view Mediterranean, Asian and other pyramids at [oldwayspt.org](http://oldwayspt.org). And tickle your taste buds with these appealing alternatives:

**Whole grains:** Tortillas, couscous, brown rice, arepas (corn-flour pancakes).

**Vegetables:** Bok choy, bamboo shoots, bean sprouts.

**Fruits:** Mango, papaya, kiwi, pineapple, guava.

**Beans/nuts:** Edamame, peanuts.

NEENA SAMUEL