



THE FRUITS OF FEBRUARY



It's not hard to throw together a bowl of strawberries, raspberries, blueberries, and blackberries in July. But come mid-winter, it's usually slim pickin's in the produce aisle.

Enter **Europe's Best**, a geographically confused but delicious line of gourmet-quality frozen fruit from Canada, Chile, China, Ecuador, Guatemala, Honduras, Mexico, and Serbia.

If you're partial to cantaloupe, kiwi, mango, peaches, and pineapple, try the **Fiesta Tropical Blend**. If you miss peaches, strawberries, honeydew melon, pineapple, and red grapes, give the **Summer Fruit Salad** a spin. And if you're a berry lover, make a beeline for the **4-Field Berry Mix**.

Want more? Pick up a bag of **Woodland Blueberries**, **Harvest Fresh Cranberries**, **Sunburst Mango**, **Country Strawberries**, **Select Raspberries**, or **Aloha Gold Pineapple** to jazz up your fruit salad, yogourt, cereal, smoothies, muffin recipe, or whatever. (Not all varieties are available everywhere.)

Amazingly, Europe's Best adds no sugar (not even to the cranberries), so each 100-gram serving has only 25 to 70 calories. And you can count on a nice shot of fibre and vitamin C, plus a host of phytochemicals that taste like summer.

Fruit in February? Why not?

Europe's Best: (866) 314-2378.

Photos: CSPI (left), Nick Waring (right).

FONDON'T

The folks at **President's Choice** can be such kidders.

The label on their **Swiss Fondue** pretends that a serving is just 30 grams. Two tablespoons might be enough for a hamster (though not enough to satisfy Health Canada's labelling regulations). But let's face it; anyone who's bigger than the palm of your hand is going to eat more.



How much more? Some companies list a 100-gram serving. That's about half a cup of melted cheese. But if you've ever eaten fondue, you know that you could easily polish off twice that much. That does bump up the saturated fat, etc., a bit.

But who wants to think about numbers as you chat about how much fun it is to dip chunks of meat and bread into your pot of melted cheese? Surely, you wouldn't want to bring up the 400 calories and 18 grams of saturated-plus-trans fat (nearly a day's worth) in each cup of fondue. Nor would the

1,070 milligrams of sodium fit into polite conversation. And better to wait until later to talk about scheduling an appointment with that cardiologist you've heard is good.

Fondue is so trendy and out-of-the-ordinary, yet so convenient. Just heat and serve, sit back, and loosen your belt. You can think about that new blood pressure medication in the morning.

President's Choice: (888) 495-5111.

TIP OF THE MONTH

For the richest-tasting sweet potatoes on earth, bake them at 375°F (190°C) for 45 minutes on each side. (For an even more intense flavour, leave them in the oven until they cool down.) They come out looking ugly, but their taste is pure heaven. Eat 'em plain, skin and all.

About CSPI, publisher of **Nutrition Action Healthletter**



The Centre for Science in the Public Interest (CSPI), founded in 1971, is an independent non-profit consumer health group. CSPI advocates honest food labelling and advertising, safer and more nutritious foods, and pro-health alcohol policies. CSPI's work is supported by *Nutrition Action Healthletter* subscribers and foundation grants. CSPI accepts no government or industry funding. *Nutrition Action Healthletter*, which has been published since 1974, accepts no advertising.

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