

## IMAGINE THERE'S NO CHICKEN



Anyone who is (or cooks for or wants to eat like) a vegetarian has faced the chicken-broth dilemma. How do you get that chicken something into dishes for no-chicken people?

**Imagine Organic No-Chicken Broth** manages to turn water, onions, celery, carrots, and a few other ingredients into chickeny broth. And the company does it without the MSG, autolyzed yeast extract, disodium inosinate, and other flavour enhancers that some brands use.

Along with additives, Imagine leaves out much of the salt. A cup of Campbell's Vegetable Broth packs 1,030 mg of sodium, President's Choice Organics

condensed has 920 mg, Knorr's has 800 mg (a third of a day's worth; half a day's worth for anyone over 50), and Pacific Natural Foods has 530 mg.

A cup of Imagine Organic Vegetable Broth has 580 mg of sodium, but the company's No-Chicken Broth cuts it to 470 mg. While still high, to go any lower you'll need something like Harvest Sun Organic Low Sodium Vegetable Bouillon Cubes (70 mg) or Purely Bulk (mock) Chicken Soup Base powder (10 mg). Neither matches Imagine's taste, though.

If you're cooking for carnivores, head for Pacific Natural Foods Organic Low Sodium Free Range Chicken Broth (60 mg per cup).

But if chicken is out, try putting Imagine in.

**Imagine Foods: (800) 434-4246.**

*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 in the U.S. since 1974 and in Canada since 1996, accepts no advertising.

## LOST APPETITO

"Restaurant inspired," says the label on **Michelina's** new line of **Appetito** frozen entrees.

Great. Restaurant food is high enough in calories, saturated fat, and sodium these days. Now Michelina brings restaurant-like food to our home freezers?

You'd never guess that **Appetito Salmon Stuffed Ravioli**

packs 500 calories, 810 mg of sodium, 11 grams of saturated fat, and 1½ grams of trans fat. That's about two-thirds of a day's bad fat and a third of a day's sodium in a petite, 5 1/2-inch bowl (we found only 6 to 8 raviolis in each of the three packages we examined).

The **Cheese Filled Ziti** (half a day's bad fat) comes in "a creamy Alfredo sauce with broccoli." (If you glued all the broccoli bits together, you might get one floret.) And the **Spaghetti Carbonara** and **Cheese Stuffed Rigatoni** squeeze a third of a day's bad fat into a 350-to-400-calorie bowl.



**Appetito Italian Sausage and Penne** and **Lasagna Bolognese** keep the damaging fat under control (about 3 grams), but the sodium is still restaurant-inspired. The Lasagna has 1,470 mg—a full day's worth for folks over 50.

At least Michelina's servings are smaller than restaurant portions, and the boxes come with Nutrition Facts. Too bad those facts are enough to ruin your appetite.

**Michelina's: (877) 432-5801.**

**TIP OF THE MONTH**

**For a fresh black bean salsa, dice ½ red onion, 1 tomato, 1 seeded jalapeño, 3 garlic cloves, and 1 Tbs. of cilantro. Mix with 1 can of drained, rinsed black beans and 1 tsp. of hot sauce. Spoon over chicken or fish or into a quesadilla or wrap.**

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