

BEST IN BEAN



You can't beat beans. They're little packages of protein, fibre, B vitamins, copper, iron, magnesium, potassium, and zinc. And they're cheap and versatile, making an appearance in virtually every traditional cuisine on the planet.

Only one problem: if you cook them from scratch, it takes hours, and if you buy them in cans, they come with enough salt to supply roughly 250 to 500 milligrams of sodium in each half-cup.

That is, unless you buy **Eden Organic No Salt Added Beans**. Eden offers a dozen kinds—**Aduki, Black, Black Eyed Peas, Black Soybeans, Butter Beans, Cannellini, Garbanzo, Great Northern, Kidney, Navy, Pinto, and Small Red**—all with nothing more than their naturally occurring sodium (10 to 45 mg per half-cup). And unlike some canned beans, Eden's are firm, not mushy, so they hold their own in salads, soups, and sautés.

Bonus: Eden uses none of the BPA-laced epoxy resin that lines almost all cans. BPA, which can mimic estrogen, is suspected of raising the risk of diabetes and heart disease, and of causing abnormal changes in brain cells of fetuses and babies. Until things become clearer, Eden's plant-based lining sounds reassuring.

So cook up some cannellinis with sautéed spinach and garlic, toss some kidneys into that vegetarian chili, sprinkle some garbanzos on your salad, or put up a pot of black bean soup.

With Eden, canned beans' original sin—sodium—isn't an issue.

Eden: (888) 424-3336

About CSPI,
publisher of
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CENTRE FOR
Science IN THE
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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.

www.cspinet.org/canada

DEADLY CINNS

Pillsbury Grands! Flaky Supreme Supreme Cinnamon Rolls with Icing are “made with CINNABON cin-



namon,” boasts the label.

If you have a Cinnabon nearby, you may be familiar with its cinnamon rolls on steroids. Each 220-gram, lunch-box-sized Classic Cinnabon packs roughly 800 calories, 8 grams of saturated fat, and 55 grams (13 teaspoons) of sugar. Plus there's a bonus for your hard-working arteries: 5 grams of trans fat, the worst kind you can eat.

Pillsbury Grands! don't quite measure up. Each 99-gram roll has 380 calories and 5 grams of sat fat, about what you'd get in a McDonald's Bacon Cheeseburger (with five teaspoons of sugar sprinkled on top). Yet Pillsbury manages to best Cinnabon's trans fat by 1 gram. Isn't that grand?

Companies are dumping their partially hydrogenated oils right and left, yet Pillsbury still makes its rolls with partially hydrogenated soybean and cottonseed oil shortening. Did the company get the oils on sale?

No one thinks of cinnamon rolls with icing as health food. To see what their white flour, oils, and sugar do to your belly, just peel off the wrapper and watch the contents of the tube.

But a quarter of a day's sat fat plus 6 grams of trans fat in each roll? Some experts initially advised the public to get no more than 2 grams of trans in an entire day, then decided that even *that* was too much.

Apparently not for the Pillsbury Bypassboy.

Pillsbury: (800) 479-8505

tip OF THE MONTH

Cut an acorn squash in half and scoop out the seeds. Put 1 Tbs. of olive oil and 1 Tbs. of orange juice in the well of each half. Sprinkle liberally with fresh-ground pepper. Cover and bake at 350° F until soft (about 1 hour).

Return undeliverable Canadian addresses to:

Nutrition Action Healthletter

CENTRE FOR SCIENCE IN THE PUBLIC INTEREST

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