



WHOLE IN ONE



Whole grains are showing up in new places. First out of the gate in the frozen-dinner race: Lean Cuisine's delicious new line of Spa Cuisine Classics.

Each of the eight entrées is made with 100% whole-grain rice or pasta. You get whole-wheat orzo in the (wild)

Salmon with Basil, whole-wheat spaghetti in the Chicken Mediterranean and Chicken in Peanut Sauce, and brown rice in the Chicken Pecan, Lemon Chicken, Lemongrass Chicken, Rosemary Chicken, and Pork with Cherry Sauce.

What's more, just about all of them have at least one serving of vegetables (granted, that's just half a cup). According to the box, the Lemongrass Chicken has a full cup of broccoli, baby corn, carrots, red peppers, and spinach. The Salmon with Basil has 3/4 cup of spinach and carrots.

That's no mean feat, since each entrée has only about 250 calories. Bonus: you won't find a drop of trans fat, and only one (Lemongrass Chicken) has more than 2 1/2 grams of saturated fat.

Spa Cuisine isn't perfect. Sodium—which ranges from 540 mg to 720 mg—should be lower. But you could do a lot worse with Stouffer's, Marie Callender's, Life Choice, and other frozen meals except Healthy Choice and a few others.

We can't wait to see them all made with whole grains.

Lean Cuisine: (800) 993-8625.

Photos: Nick Waring.

JUNK PACK

To cut costs, discount airlines don't offer free meals. But on longer flights, some serve more than just a beverage and a bag of peanuts or pretzels. Watch your rear.



Take Southwest Airlines, the leading discounter. On longer flights, each customer gets a Snack Pack of "tasty snacks served up with a little LUV." And a lot of calories.

On a recent Los Angeles-to-Nashville flight, the Snack Pack held six Golden Oreo cookies (250 calories), six Ritz Crackers with Real Cheese (200 calories), and a bag of Jell-O Fruit Snacks (90 calories). That's more than 25 percent of a day's calories for many people. The pack of cookies alone has about as many calories as you'd get in a typical Lean Cuisine frozen entrée.

The difference: a frozen dinner has vitamins, minerals, protein, and fiber. The Snack Pack is 550 calories' worth of white flour, fat, sugar, and salt. The entire pack of cheese and crackers has only

two grams of protein—no more than the pack of six Oreos. The "Fruit Snack" is essentially sugar plus a little grape and cherry juice.

A carrier like Southwest, which wants to cut costs (and avoid the need for refrigeration), could at least serve whole-grain crackers like Triscuits and boxes of dried fruit like raisins or shelf-stable fruit cups.

Maybe then it won't have to order wider seats on its new planes.

Southwest: (214) 792-4223.

TIP OF THE MONTH
Love blue cheese but hate the fat? Subscriber Joy Sleizer of Palo Alto, California, makes her own delicious lower-fat version by combining 1/2 cup of blue cheese with 1/2 cup of low-fat cottage cheese in a blender or food processor and blending until smooth.

About CSPI, publisher of Nutrition Action Healthletter



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