



BEST IN BUN



Veggie burgers aren't new. They've been hanging around frozen-food and refrigerator cases for years, waiting to be discovered by people who want to cut back on ground beef.

Make sure you discover Veggie Patch's out-of-this-world Garlic-Portabella Patties. They may look like ordinary veggie burgers, but their moist, full-bodied texture and garlicky grilled flavour will take you where no meatless burger has gone before.

With 12 grams of protein and good doses of calcium (20 per cent of a day's worth), iron (10 per cent), potassium (10 per cent), and fibre (16 per cent), they're worth every one of their 100 calories.

And you needn't worry about hidden trans fat (0 grams), saturated fat (0.5 grams), or sodium (270 mg) insulting your arteries. That's less sodium than Yves Veggie Burgers (470 mg) or Money's Original Gardenburger (560 mg).

Whether you're worried about heart disease, cancer, E. coli O157:H7, or the welfare of animals or you're just in the market for something different, Veggie Patch is worth a bite.

Okay. So they don't taste exactly like hamburgers. Once your taste buds fall under their garlic-and-portobello spell, you won't care.

Veggie Patch: (888) 698-3444.

STUPID POP

What makes food companies take a perfectly good snack and turn it into a health hazard?

Popcorn—fresh out of the microwave or air popper—tastes terrific even without a touch of fat or salt. Yet companies like Orville Redenbacher's insist on slathering their popcorn with both.

In Orville's Buttery Flavour, it's not butter, but partially hydrogenated soybean oil, that bumps the calories to 230. And the trans fat (5 grams) and saturated fat (3 1/2 grams) join forces to use up almost half a day's quota of bad fat. (That's for roughly half a bag—6 to 7 cups popped.) The Sweet Original (220 calories), with its 6 grams of trans fat and 4 grams of sat fat, is even worse for your arteries.

It's not as though Orville can't make better popcorn.

His Buttery Light Flavour cuts the bad fat to 3 grams (and the calories to 180). But you can go lower still without sacrificing taste.

Try Orville's Smart Pop! Buttery Flavour. About half a bag will set you back just 160 calories and 1 gram of heart-damaging fat. And, since it's popcorn, you'll get a nice dose of fibre (7 grams—close to a third of a day's worth).

Who's supposed to eat the unhealthy stuff, Orville? People who don't know any better?

ConAgra: (800) 461-4556.



TIP OF THE MONTH
Love blue cheese but hate the fat? Subscriber Joy Sleizer 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.

Photos: CSPI.

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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CENTRE FOR SCIENCE IN THE PUBLIC INTEREST
P.O. Box 70373, Toronto Station A
Toronto, Ontario M5W 2X5
e-mail: circ@cspinet.org

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