

**THE ZEN OF YUM**



Here's an ingredient list you don't see every day: snow peas, orange and yellow carrots, water chestnuts, red peppers, baby corn, bean sprouts.

**Europe's Best Zen Garden Special Mixed Vegetables** doesn't fool around with salt or any other additives. It just flash freezes a colourful mélange of (mostly) gourmet veggies from Belgium. Sock away a couple of bags in your freezer, where they can sit until

you've got to rustle up a quick dinner just when your vegetable bin is running on empty.

Throw them into the wok or sauté pan with some oil, garlic, light soy sauce, and fresh ginger. Add tofu, chicken, shrimp, or scallops and serve over rice, rice noodles, or vermicelli.

Then again, they're so fresh-tasting that all they need is a heat-up in the microwave and a drizzle of a nice fragrant olive oil.

Either way, you're talking 3 to 7 minutes, tops. No washing, no trimming, no chopping, no slicing. Just open bag, pour, and smile: each ¾-cup serving has 35 fat-free calories, 2 grams of fibre, and a fifth of a day's vitamin A and C.

Not crazy about Asian veggie mixes? No problem. Try Europe's Best's **Green & Yellow Beans, Asparagus Spears, Romanesco Concerto, Sweet Baby Corn, or Carrots "À la Parisienne."**

Zen or no zen, it's the garden of easy.

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

**CANDY SCAM**

One look at **Weight Watchers Whitman's** chocolate candies and many a dieter will lose his or her head.

Who needs the fruits and vegetables that the Weight Watchers program recommends when you can snack on something like **Pecan Crowns** or **Coconut** or **English Toffee Squares** or **Mint Patties**?

The labels advertise the calories, fat, and fibre in just one piece, making them look like candy that won't show up on your waistline. Not so fast.

It turns out that Weight Watchers candies are essentially ordinary chocolates that replace some of their sugar with sucralose (a safe artificial sweetener) and maltitol and sorbitol (sugar alcohols that have a "laxative effect" if you eat too much). They also have maltodextrin and polydextrose (two relatives of the corn sugar dextrose). Both are so poorly digested that Weight Watchers decided to count them as fibre, and not count their calories. (That's allowed in the U.S. but not Canada. Oops.)

Even without maltodextrin and polydextrose, each serving (3 pieces) still ends up with around 150 calories (and 5 to 7 grams of saturated fat).

Want a small, individually wrapped chocolate? A Hershey's Kiss has just 25 calories... and it doesn't pretend to be diet food.

**Whitman's: (888) 311-3723.**



**TIP**  
OF THE MONTH

**Coat 2 cups cut-up vegetables (broccoli, cauliflower, onion, squash, etc.) with 2 Tbs. olive oil, 1 tsp. light soy sauce, 5-6 cloves chopped garlic, and a sprinkle of pepper. Spread in a single layer on a baking sheet and roast at 450° F for 10-15 minutes, or until lightly browned.**

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

**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.

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