

**PICK UP PANKO**



Which bread crumbs would you buy? *Brand A* consists of wheat (white) flour, high fructose corn syrup (sugar), corn syrup (sugar), partially hydrogenated vegetable oil, water, salt, and a few dozen other ingredients.

*Brand B* is nothing but whole wheat flour, malt extract (sugar), yeast, and sea salt.

Stuck? Here's a clue: *Brand A* has 520 milligrams of sodium and 1 gram of fibre in every serving, while *Brand B* has 35 mg of sodium and 3 grams of fibre.

*Brand A* is Itaipasta Italian Style Bread Crumbs. *Brand B* is **Ian's Whole Wheat**

**Panko Breadcrumbs**, which are available in health food and grocery stores nationwide.

Panko, or Japanese-style, bread crumbs are coarser than regular crumbs. That keeps them light and crunchy. Ian's is one of the few — maybe the only — whole wheat versions.

Toss some in your salad or crown your casserole with a sprinkling. Or type “panko chicken recipe” or “panko salmon recipe” into Google, then weed out anything that's high in ingredients like salt and butter.

You'll be left with dishes like the mouth-watering Panko-Crusted Salmon at elise.com or the Cajun Oven-Fried Chicken at cookinglight.com.

Sometimes a simple ingredient list means a simply delicious dinner.

**Ian's Natural Foods: (978) 989-0601**

**THAI DOWN**

“Real Thai, Real Easy,” promise the containers of **A Taste of Thai** heat-and-eat noodles.

Real easy to block an artery or levitate your blood pressure or tack on a pound, perhaps.

Whether you choose the **Red Curry Noodles, Peanut Noodles, Coconut Ginger Noodles, or Pad Thai Noodles**, you walk away with enough refined carbohydrates (close to 100 grams) and saturated fat (7 to 9 grams, except in the low-fat Pad



Thai, which has 1 gram) to supply some 450 to 600 calories.

And, judging by the sodium (around 900 to 1,600 milligrams), A Taste of Thai relies heavily on the taste of salt.

Many Thai dishes are flavourful mixtures of sautéed vegetables like broccoli, eggplant, peppers, bamboo shoots, and onions served with shrimp, chicken, or tofu.

A Taste of Thai is mostly rice noodles plus seasoning packets. The Pad Thai, for example, has more soy sauce than dried shallots or dried pickled radishes, the only vegetables it bothers to include.

Of course you could always add your own veggies. But you can't cut the sodium unless you toss out the sauce or seasoning packet. And that would leave you with a tennis-ball-sized lump of rice-flour noodles for lunch or supper.

Looking for “Real Thai, Real Easy”? Head for your favourite Thai restaurant.

**Andre Prost, Inc: (800) 243-0897**

**TIP OF THE MONTH**

**For a pre-spring berry sorbet for two, toss 2 cups of frozen mixed berries or strawberries (about 15) into a blender with 4 Tbs. of orange juice and, if you'd like, a splash of lime juice. Blend until smooth, then scoop into two bowls and serve immediately or freeze.**

Return undeliverable Canadian addresses to:  
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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 in the U.S. since 1974 and in Canada since 1996, accepts no advertising.

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