



S-W-E-E-E-E-T!

Who doesn't love sweet potatoes? They're cheap, nutrient-packed, and delicious. Even folks who cringe when they see other vegetables go for sweets.

And talk about convenient. Just wash, pop in the oven, and wait 'til they're done. Of course, waiting an hour isn't always so convenient.

That's where **Mann's Sweet Potatoes** come in. They're peeled, washed, and cut into spears or cubes for you.

Each 1-cup (85-gram) serving delivers 250 per cent of a day's vitamin A, 30 per cent of a day's vitamin C, 8 per cent of a day's potassium, and 3 grams of fibre, all for only 60 calories and virtually no sodium.

Your job? Spread them on a cookie sheet and bake at 450° F (230° C) for 20 to 25 minutes or sauté in just enough olive oil to coat the pan. Or steam them in a covered glass bowl (or right in their own microwaveable bag). For variety, mash the steamed taters and mix in some brown sugar, cinnamon, and grated orange rind.

Got a recipe for sweet potato pie, sweet potato soup, or sweet potato stew? You just saved yourself a passel of peeling and chopping prep time.

Or forget the baking, mashing, and microwaving and serve the spears raw with hummus, guacamole, tzatziki, or almost any other dip.

Sweets don't get any easier.

Mann's: (800) 285-1002

About CSPI,
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CENTRE FOR
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Public Interest

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

STEAK OUT

"Thinly sliced roast beef smothered with onion, green pepper, mushrooms, cheddar and mozzarella baked on a French-style bun."

That's how **Boston Pizza** describes its **Boston Cheesesteak**.

What could be so terrible? After all, it's mostly a few thin slices of roast beef and some veggies. Okay, there's a little cheese, but how much damage could the sandwich do?

Try 1,140 calories...half a day's worth for most people. Add another 250 calories if you get it with fries.

And where on earth are your arteries going to stash the Cheese-steak's 19 grams of saturated fat? You might as well order a McDonald's Big Extra for lunch...with a Big Mac for dessert. Then there's the Cheesesteak's 3,900 milligrams of sodium—more than two days' worth.

Any other Boston Pizza sandwich would be a wiser choice. Most have 500 to 800 calories. Your best bet: the **Thai Chicken Wrap** (from the Delicious Alternatives menu) or the **Chipotle Chicken Caesar Wrap**.

Each has about half the calories and less than a quarter the sat fat of the Cheese-steak, and comes on a whole-wheat tortilla. (The sodium is too high, but no news there.)

You gotta give Boston Pizza credit for publishing calories and other numbers, even if only online. We'd love to give the chain a lot more credit...for putting the numbers on its menu, where they might lead some diners to order something lighter.

Boston Pizza: www.bostonpizza.com



tip OF THE MONTH

Nothing beats homemade guacamole. Roughly mash the flesh of 1 avocado. Mix in 2 Tbs. diced sweet onion, 6 diced cherry tomatoes, the juice of ½ lime, and (if you want some heat) 1 minced jalapeño pepper.

Return undeliverable Canadian addresses to:

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