



## EGG BETTERS

If you watch your eggs, you may already know that egg substitutes like **Egg Beaters** and **Egg Creations** mean no yolk, no *Salmonella*, little or no cholesterol, and—if you buy them frozen—no worry that you'll run out of eggs mid-omelette. Now they can also mean a no-muss, no-fuss, seasoned egg dish that takes no more than a couple of minutes from fridge to plate.

**Garden Vegetable Egg Creations**, for example, contains bits of red and green pepper, onion, and celery. (To make a real vegetable omelette, add your own peppers, etc.) And **Cheddar & Chive Egg Beaters** have just enough processed cheese (a few grams) to supply flavour with very little saturated fat. Pour either into a waiting skillet (or microwaveable bowl) and have a plate of seasoned eggs on your table in less than two minutes.

The egg whites have no more than 25 calories, 1 gram of fat, about ½ gram of saturated fat, 5 milligrams of cholesterol, and no trans fat in each serving (around ¼ cup—equal to one large egg). Roll your instant egg dish in a tortilla, stuff it into a pita, sandwich it between two slices of whole wheat bread, or turn it into an omelette, a frittata, or a quiche.

And don't assume that egg substitutes are only for breakfast. Among the recipes at [eggbeaters.com](http://eggbeaters.com): Chicken Caesar Salad and Spaghetti Carbonara.

If you're looking for protein that's low in calories and saturated fat, egg whites are hard to beat.

**Egg Beaters: (800) 461-4556.**  
**Egg Creations: (800) 668-2486.**

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.

[www.cspinet.org/canada](http://www.cspinet.org/canada)

## TIP OF THE MONTH

**When you have a choice, buy salads, fruit, and other foods in plastic bags rather than rigid plastic containers, which take up more room in landfills.**

Return undeliverable Canadian addresses to:  
**Nutrition Action Healthletter**  
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## PHONEY PHOOD

"It's a delicious new non-caffeinated hot beverage that's smooth, frothy, and deliciously different," gushes **Tim Hortons** about the chain's **Hot Smoothees**.

"And it's available in four unique flavours: Butter Caramel, Raspberry, Hazelnut, and Orange. Why not try one today?"

Go ahead. Try a cup of hot sugar, hydrogenated coconut oil, skim milk powder, glucose solids, sodium caseinate, potassium phosphate dibasic, artificial flavouring, silicon dioxide, salt, mono and diglycerides, cellulose gum, xanthan gum, soya lecithin, and FD&C Yellow #5.

But wait. That's just the "vanilla base." (No vanilla included.) Now come the added flavours. For the "raspberry," for example, that means propylene glycol, glycerine, water, FD&C Red #40, and FD&C Blue #1. The "hazelnut"? Substitute caramel colour and triacetin for the red and blue food colourings. No wonder the flavours are unique.

Those mouth-watering ingredients should make a lasting impression on you, especially the calories (from 190 for a small to 450 for an extra large) and the sugar (5 teaspoons in a small, 12 teaspoons in an extra large).

Best of all, your arteries won't forget the saturated fat, which starts at 5 grams for a small and ends at 13 grams for an extra large.

Nothing like some frothy, non-caffeinated non-food.

**Tim Hortons: (888) 601-1616.**



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