

## MUFFIN MAKEOVER



Muffins may seem healthy because they're not frosted like cupcakes or fried like doughnuts.

Yet a Tim Hortons Chocolate Chip Muffin delivers 430 calories of refined flour and sugar.

Now, two companies are out to give muffins a makeover.

**President's Choice Blue Menu Raspberry & Pomegranate Whole Grain Muffins** start with whole wheat flour, sugar, water, raspberries, egg white, wheat bran, soy, and concentrated pomegranate juice and end up with 190 calories, 5 grams each of fibre and protein, just 1 gram of saturated fat, and no trans fat.

Likewise, **Compliments Balance Flax, Fruit and Fibre Muffins** mix whole wheat flour, water, brown sugar, eggs, non-hydrogenated margarine, apples, flax seed, honey, wild blueberries, cranberries, and other ingredients to produce 190-calorie morsels with 7 grams of fibre, 6 grams of protein, just 1½ grams of sat fat, and no trans.

(The other Balance Muffins—5-Fruit Muesli, Twelve-grain & Real Fruit, and Whole Wheat Blueberry—deliver the same whole-grain punch, but with less fibre.)

The Blue Menu and Balance Muffins are irresistably moist and fruity, yet not overly sweet. That makes them closer to portable cereal than to cake.

So go and grab some healthy grab and go.

**President's Choice: (888) 495-5111**

**Compliments: (866) 672-0061**

## BIG BAD BURGER



When you think of

**Swiss Chalet,**

you probably think chicken.

But plenty of customers go there for the **Char-**

**broiled Chalet Burger with**

**Bacon & Cheese.**

Charbroil *this*: each burger has close to 1½ days' worth of bad fat—24 grams of saturated plus 3½ grams of trans.

Then there are the calories: 630 for the meat, bacon, and cheese; 240 for the bun; 70 for the coleslaw; and 30 if you ask for the Famous Chalet Dipping Sauce.

Did we forget to mention the 470 calories in the fries that come on the side? And how about the burger's 2,100 milligrams of sodium—more than a day's worth—not counting the dipping sauce (550 mg) or the pickle?

So dig into your salty, 1,400-calorie load of meat, white flour, and white potatoes with no healthy vegetables other than a touch of lettuce, tomato, red onion, and coleslaw.

To its credit, Swiss Chalet offers a handful of leaner meals. There's the (white meat) Chicken on a Kaiser and the Garden Fresh Quarter Chicken Dinner. Both carry the Heart & Stroke Foundation's Health Check symbol.

Now all Swiss Chalet's menu needs is a Broken Heart symbol to warn customers about the beef burgers.

**Swiss Chalet: (866) 450-2903**

### TIP OF THE MONTH

**To zip up your salad greens and veggies, add a handful of cut up grapes, peaches, pears, kiwis, cantaloupe, apples, strawberries, or oranges. Or toss in some blueberries, raspberries, clementine sections, pomegranate seeds, or dried cranberries.**

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### Nutrition Action Healthletter

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About CSPI,  
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