



### LUNCH'N MUNCH



Anyone who packs brown bag lunches knows that it's an uphill battle. If it's not high in saturated fat (cheese), it's high in salt (packaged sliced turkey). If it's not too high in anything, it's boring because you've been eating it every other day for more years than you care to remember.

Enter **Ocean's Snack'N Lunch Pacific Salmon**. Choose from either **Sesame & Ginger** or **Lemon & Dill**. The flavours are so distinctive that you don't even need to add mayonnaise.

Each 85-gram pop-top can holds 150 calories' worth of wild (not farm-raised) salmon caught in British Columbia or Alaska (and processed in Thailand). That means a nice dose of omega-3 fats (1 gram) and protein (15 grams). It also means 300 or 330 mg of sodium, but that's par for the course with canned salmon or tuna. At least you won't be adding more from mayo.

Toss the salmon into a salad, stuff it into a whole wheat pita pocket, mix it with last night's leftover pasta, or swallow it straight out of the can. The fish is ready-to-eat, and it's packed without bones (that means no calcium) or skin (that means no mess).

So the next time you're searching for something—*anything*—different, crack open a can of salmon. A mouthful of omega-3s never tasted so good.

Ocean Fisheries Ltd: (604) 272-2552.

Photos: Nick Waring.

### OOPS

"Delicious curves of your favourite candy uniquely shaped for the perfect chocolate experience," explains the package. "Perfect for use at home or on-the-go."

It's comforting to know that someone in corporate North America has done what it takes to bring us uniquely shaped chocolate. True, the **Swoops'** Pringles-like curves mean that Hershey has to overpackage them, in groups of six, inside plastic containers tucked inside a cardboard box. But when a nation needs chocolate shaped like potato chips, someone's got to step up to the plate.

Speaking of shapes, too many Canadians have their *own* to worry about. There's a reason half the population is overweight or obese. Hershey is doing its bit by stuffing each six-Swoops pack with close to 200 calories plus a third of a day's heart-clogging saturated fat and four teaspoons of sugar.

And the creative minds down at headquarters gave Swoops instant name recognition by dubbing them **Hershey Creamy Milk Chocolate**, **Hershey Almonds & Toffee**, **Reese** (like the Peanut Butter Cups), and **York** (as in Peppermint Patties).

Too bad most shoppers won't notice that two of the Swoops—York and Reese—have two to four times more sat fat than their namesakes.

Swoops? Oops is more like it.

Hershey: (800) 468-1714.



**TIP OF THE MONTH**

No fresh herbs in the market? Substitute 1 *teaspoon* of dried herbs for every *tablespoon* of fresh herbs in your recipes. The earlier in the recipe you add them, the more flavour they'll have.

### 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 since 1974, accepts no advertising.

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