

UNCLE KNOWS BEST



Like other whole grains, brown rice has more vitamins, minerals, fibre, and who-knows-what phytochemicals that may help lower your risk of heart disease, diabetes, and diverticulosis.

But many people don't like the 45 minutes it takes to cook. If that's you, check out **Uncle Ben's Bistro Express Wholegrain Brown Rice**.

The rice has been parboiled by Ben, so by the time it reaches your kitchen, all you do is microwave it for

two minutes right in the pouch (or heat it in a skillet with a bit of water). The rice is as fluffy and nutty as it would be had you cooked it the old-fashioned way.

Uncle B's touch of canola and/or sunflower oil gives each 90-gram (½-cup), 130-calorie serving just 0.2 grams of saturated fat and no trans fat. And he adds no salt or artificial flavours. (That's for the plain; the Roasted Chicken Flavour brown rice will cost you 510 mg of sodium.)

If you need more than Bistro Express's 250-gram bag, Ben offers 20-minute Whole-grain Brown Rice in a family-size box.

Not sure what to do with brown rice? Add some sautéed vegetables or rinsed black beans. Pair it with chili. Stuff it in peppers or squash. Swap it for white rice in your pilaf. Think of it as a substitute for mashed potatoes.

Who needs nutrient-stripped, fibre-poor white rice when brown rice is ready when you are?

Uncle Ben's: (800) 734-3226

Photos: CSPI.

About CSPI,
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STARBUST

You're in line at **Starbucks**, thinking of having a little something with your coffee. You could go for a splurge, like a cupcake or brownie.

But why not stick with something more sensible, like an **Oatmeal Cookie**? It

sounds like a bowl of cereal, for heaven's sake.

It isn't.

Each 110-gram cookie is likely to have some 400 calories. That's as much as the brownie and more than the cupcake (about 350). It's in Quarter Pounder territory...and not just for your waistline.

A Quarter Pounder at McDonald's has 8 grams of saturated fat plus ½ gram of trans fat. A Starbucks Oatmeal Raisin Cookie has 6 grams of sat fat and no trans fat in Ontario, 9 grams of sat plus 1 gram of trans in Saskatchewan and Manitoba (where it's just Oatmeal), and 6 grams of sat plus 4½ grams of trans in Alberta (where it's an Oatmeal Raisin with Nuts).



Bottom line: If you want something sweet at Starbucks, skip the cookies, cupcakes, brownies, and muffins and try a (non-dipped) Vanilla Almond Biscotti (140 calories, 2 grams of sat fat, and no trans fat).

Right now, the only way to find out what's in the sweets at your local Starbucks is to hunt around on www.starbucks.ca. Wouldn't it be nice if at least calories were on the menu board?

Starbucks: (800) 235-2883

TIP
OF THE MONTH

Cooking with fresh herbs?
Add delicate ones like basil, parsley, chives, dill, and cilantro when the dish is almost done. Heartier herbs like thyme, oregano, and rosemary should go in the pot earlier, so there's time to unlock their flavours.

Return undeliverable Canadian addresses to:
Nutrition Action Healthletter
CENTRE FOR SCIENCE IN THE PUBLIC INTEREST
P.O. Box 4252, Postal Station A
Toronto, Ontario M5W 5S4
e-mail: circ@cspinet.org

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