



WELL BREAD

It's not hard to find whole wheat breads in grocery stores these days. But when it comes to *bakeries*, you're largely looking at a white flour wasteland.

Unless you're at **COBS Bread**, a chain of 59 bakeries in

Ontario, British Columbia, and Alberta. Most locations offer at least 10 kinds of fresh-baked whole wheat breads and rolls. (They're not *whole-grain* whole wheat because they're lacking the wheat germ. But they've got the much-needed bran that's missing from white flour.)

Take the fabulous **Cape Seed Block** loaf or rolls. It's studded with seeds (sesame, sunflower, poppy, flax) and flakes (oat, barley, rye) that add texture and body. The **Country Grain Block** has a similar mix. Ordinary bread seems so predictable and boring next to a slice of either one. The rich nuttiness will wake up a layer of hummus and veggies, a scoop of tuna salad, or almost any other sandwich filling.

And if you drop in on a day when COBS is baking the **Country Grain Farmers Loaf**, you're in for a treat. Its crispy crust beats anything you can get in a plastic bag. Add a bowl of lentil or split pea soup and lunch is ready.

If you don't live near a COBS, check out **President's Choice Blue Menu Whole Grain Baguettes** or **Demi-Baguettes**. They're 100% whole grain, they're baked daily in the store...and they're delicious.

And if your local bakery doesn't dabble in whole wheat, gently suggest that its owners visit a local COBS. Don't bother with the whole-wheat-is-healthier argument. COBS breads speak for themselves.

COBS Bread: (866) 383-2627

BREAKFAST BLOOPER

Are your breakfasts rushed? Help is on the way. If you have time to transport an **Aunt Jemima Sausage, Egg & Cheese on a Croissant Sandwich** from the freezer to the microwave, you can get a jump on the day.

Auntie J's mini-meal (350 calories) packs more than a day's trans fat (2 grams), a third of a day's saturated fat (7 grams) and sodium (680 milligrams), and half a day's cholesterol (150 mg). How efficient!

The trans fat comes from the partially hydrogenated oil in the white-flour croissant, the sat fat from the sausage and pasteurized process cheddar cheese, the cholesterol from the egg patty, and the salt from all four. It's a McDonald's Egg McMuffin with trans and extra sat fat, conveniently waiting in your freezer.

When you get bored, try an Aunt Jemima **Scrambles with Sausage Crumble & Egg** or **Scrambles with Ham & Egg**—frozen mini-breakfasts that take just three minutes in the microwave. They've got no croissant, but there's more than enough trans in the "cheddar cheese blend" (water, partially hydrogenated oil, and cheese) to keep your arteries busy.

Or try the **Sausage, Egg & Cheese on Pancakes Griddlecake Sandwich**, with "delicious syrup flavour BUILT IN!" It's got no trans—just 7 grams of sat fat plus a mix of salt (860 mg of sodium) and sugar (10 grams)—but who can resist artificial syrup flavour?

If you want a quick hand-held breakfast, add some whole-grain cereal to your yogurt, pop a whole-grain waffle in the toaster, or smear some hummus on your toast and grab an orange.

You may be in a hurry to finish breakfast, but why shorten your shelf life, too?

Aunt Jemima: (800) 432-3102



tip OF THE MONTH

Try something new with your asparagus. Roast with shiitake or cremini mushrooms, shave raw spears into a green salad, or sauté bite-sized bits with slivered almonds and toss with brown rice.

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

About CSPI,
publisher of
Nutrition Action
Healthletter



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Photos: COBS Bread (left), CSPI (right).