

BERRY GOOD



Peak berry season's coming. You won't see a nationwide advertising campaign on TV. You won't get coupons in your local newspaper. It's not as though someone's trying to convince you to sample a new Coke flavour, McDonald's burger, or Pizza Hut pizza.

So here's a reminder: summer is prime time to indulge in fresh blueberries and strawberries, and possibly the only time for in-season raspberries and blackberries.

All four are rich in fibre and vitamin C. All but the blueberries also pack a nice shot of folate and potassium. (The blues excel in the antioxidant department, so don't ignore them.) And a cup of berries has only 40 to 80 calories—not much for such exquisite, intense flavour.

If you don't polish them off right out of the container (after washing, of course), the possibilities are endless. There's no easier way to make fruit salad. (Step 1: rinse. Step 2: dump into bowl.) It takes just a handful of berries and a scoop of sorbet or low-fat ice cream to create a classy, foolproof dessert.

And don't forget chilled berry soup. Mix three cups of orange juice with three cups of buttermilk. Add two tablespoons of fresh lemon juice, one tablespoon of honey, and 2½ cups of berries.

Berry easy. Berry good.

Berries: (800) MOTHER-NATURE.

SPINNING PLATTERS

"Our customers love our traditional menu, but many are looking for higher protein options," explains Bill Johnson, President and CEO of McDonald's Canada.

So instead of, say, a Sausage McMuffin with Egg, there's now a **Breakfast Protein Platter** (sausage, eggs, strip bacon, back bacon, and tomato). And instead of a Quarter Pounder with Cheese, you can try the **Beef Protein Platter** (beef patty, cheese, strip bacon, lettuce, tomato, onions, and pickle).

You can't blame McDonald's for jumping on the low-carb bandwagon. And it's hard to shed tears for a missing white-flour bun or English muffin. But let's call a McSpade a McSpade.

Despite their names, the Protein Platters have about as much protein as the foods they replace. And the saturated fat ranges from nine grams (Breakfast) to 11 grams (Beef). That's half a day's limit. (The Chicken Protein Platter, with only four grams of sat fat, isn't nearly as bad.)

If you want a healthier lower-carb, high-protein dish, try McDonald's **Chicken Oriental Salad with Warm Chicken McGrill**. It's got more greens, less saturated fat, and about as much protein as the platters. Skip the crispy noodles and use just half the dressing and you'll cut the carbs even further.

McDonald's: (416) 446-3932.



Photos: (left) Photodisc, (right) Nick Waring.

TIP OF THE MONTH

Lightly brown 2 teaspoons of pine nuts in a dry skillet (shake the pan so they don't burn). Add 4 cups of just-washed, damp baby spinach and 2 tablespoons of raisins. Cover & cook about 2 minutes, just until the spinach is wilted.

About CSPI,
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