

BERRY GOOD



Peak berry season's coming. You won't see a nationwide advertising campaign on TV. You won't get coupons in your Sunday newspaper. It's not as though someone's trying to convince you to sample a new Coke flavor, 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 fiber 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 flavor.

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.

DISCOMFORT FOOD

"Back in 1948, Marie Callender put love and care into every meal she made, using only the finest ingredients for her home-style recipes," says the box. "Today, each meal is still made with the care of Marie."

Marie's "care" may still be there. And she may be using the finest partially hydrogenated soybean oil, enzyme modified butterfat, MSG, and rehydrated potato granules she can find. But the love has gone cold. How else to explain the wallop of saturated fat and sodium she squeezes onto each of her modest plastic trays.

Take **Marie Callender's Herb Roasted Chicken with Mashed Potatoes, Broccoli Florets & Carrots**. You'd never guess that the "Complete Dinner" has 530 calories, 12 grams of saturated fat, and 1,270 milligrams of sodium. Marie manages to add enough butter and heavy whipping cream to turn a roasted chicken meal into a Big Mac.

Her **Chunky Chicken & Noodles** looks less substantial, yet it packs 630 calories, 14 grams of sat fat, and 1,550 mg of sodium. Is it a "One-Dish Classic," as Marie claims, or a one-way ticket to Intensive Care?

If you want a healthy chicken meal, stick with Healthy Choice or, better yet, broil a skinless breast, sauté some broccoli, and add a baked sweet potato. Home-cooked beats Marie's home-style any day.

Marie Callender's: (800) 595-7010.



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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