

**VEGGIE GOOD**

**WHOLLY ILLEGAL**



When was the last time you whipped up a Lentil Rice Loaf or a Nine Bean Loaf? If it wasn't 1968, it was probably never.

Many people want to eat more beans—the high-fiber, saturated-fat-free alternative to meat. But they

stumble when it comes to finding a stand-in for the roast beef, chicken, or meatloaf on tonight's dinner plate.

**Morningstar Farms** now makes it easy with its delicious **Lentil Rice** or **Nine Bean Loaf**.

If you've got 90 minutes, follow the baking instructions. Want something on the table sooner? Pop one into the microwave for five minutes, then onto a baking tray and under the broiler in your regular oven for another five. (The microwave-only instructions on the package dried out the edges of the loaves too much.)

Each 3-ounce serving—a fifth of a loaf—supplies a good dose of fiber (4 grams) and protein (8 grams). And it will cost you only about 150 calories, 1½ grams of saturated fat, and some 350 milligrams of sodium.

Of course, you could run out to Boston Market for a not-much-larger slice of its Double-Sauced Angus Meatloaf. You'd get more protein (16 grams), but you'd also get more calories (260), sat fat (8 grams), and sodium (640 mg), and less fiber (1 gram).

So get out your bell bottoms and tie-dyed shirts. Lentil loaf is back!

**Morningstar Farms: (800) 962-0120.**

"No artificial colors, flavors, preservatives, or additives. No hydrogenated fats or oils. No trans fatty acids," says the label of **Wholly Healthy Truly Natural All Butter Golden Pound Cake**, available in natural-food stores.

Oops. Is it possible that the folks at Wholly Healthy don't know that it's illegal for labels to use the word "healthy" unless it meets the government's criteria for a healthy food?

It doesn't matter that pound cake is made with organic evaporated cane juice instead of (essentially equivalent) sugar, that its wheat flour is unbleached and unbromated (it's still not whole wheat), or that it's made with whole eggs or "pure" (as opposed to impure?) corn starch and butter (instead of also-damaging hydrogenated oils). It doesn't matter that, as the label explains, "from taste to the way our body digests it, we believe that butter is a better alternative."

What matters is that, by law, "healthy" foods must be low in saturated fat (1 gram or less). A slice of Wholly Healthy has 8 grams of sat fat (40 percent of a day's worth)—the same as wholly unhealthy Sara Lee All Butter Pound Cake. And healthy foods must have at least 10 percent of a day's fiber, vitamin A, vitamin C, calcium, or iron. Like most pound cakes, this one doesn't.

Sounds like Wholly Healthy needs a good nutritionist...and a good lawyer.

**Wholly Healthy: (800) 247-6580.**



**TIP OF THE MONTH**

**How to peel a kiwi.** Cut off ¼ inch at both ends, insert a small spoon between the skin and flesh, and slide the spoon around the inside, just underneath the skin. The peeled kiwi will slide right out.

Photos: Nick Waring.

About CSPI, publisher of *Nutrition Action Healthletter*



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