

**A CARROT AND A STICK**

You know those recipes that call for julienned carrots...the ones you ignore because, honestly, who has the time—or the patience—to drag out the food processor or cut each carrot into pieces the size of matchsticks? Ignore no more.

Now you can make those recipes easy by cheating a little. Just reach for a bag of

**Bolthouse Farms Premium Matchstix French-Cut Cooking Carrots** instead of your knife. You can also toss them into coleslaw, salads, stir-fries, or your favourite pasta sauce. Suddenly, it's no sweat to slip a low-calorie, low-sodium bundle of vitamin-rich fibre into your dishes.

You can even branch out to Bolthouse's **Carrot Chips**. They're ready-made scoopers for a veggies-and-dip platter. And they're the perfect shape for tossing into your soup.

Recipes aside, keep the Chips—or the **Premium Petites** (they're tiny baby carrots)—around for the next time you're looking for something to chew on.

A couple of dozen petites cost you just 35 calories and supply three days' worth of vitamin A. Crunch on that many potato chips or "veggie" chips and you can kiss goodbye at least 200 calories.

Who says convenience foods have to be bad for you?

**Bolthouse Farms: (800) 467-4683.**

**RAISIN' HELL**

"Sun-Maid starts with only the best 100% natural raisins from sunny California. Then we cover them in a creamy, real vanilla yogurt coating to create a delicious and convenient, high-energy snack for people on the go!" boasts the package.

What could be wrong with raisins dipped in a healthy food like yogurt? Not much...if that's what Sun-Maid were selling.

Since when is "real vanilla yogurt" made up of sugar, partially hydrogenated palm kernel oil, nonfat milk powder, nonfat yogurt powder, whey, titanium dioxide, soy lecithin, and vanilla? Good thing Sun-Maid didn't decide to use *artificial* vanilla yogurt.

And if only it were just the raisins that got coated.

Thanks to its partially hydrogenated palm kernel oil, 4 of the 5 grams of fat in each 30-gram serving of coated raisins are saturated. That's a fifth of a day's artery gunk in a small handful of a "convenient, high-energy snack for people on the go!"

On the go toward their cardiologist's office, perhaps.

Memo to shoppers: "high-energy" means nothing more than "high-calorie." And while the 130 calories in each serving aren't excessive, why dilute the fibre, potassium, iron, and other nutrients in raisins with sugar and palm kernel oil?

**Sun-Maid: (800) 786-6243.**



**TIP OF THE MONTH**

**How to peel a kiwi.** Cut off 1/4 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: CSPI.

About CSPI, publisher of *Nutrition Action Healthletter*



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