

GOOD COOKIE



Kellogg's new **Granola Munch'ems** are in the wrong aisle.

You'll find boxes of the one-ounce pouches of bite-size triangles in the

cereal aisle near the granola bars.

With just 2 grams of fiber in each 130-calorie pouch, they wouldn't be cereal standouts. But if you moved them to the cookie aisle, they'd be stars.

Whole-grain oats are the primary ingredient, followed by modest amounts of sugar (9 grams, or 2 teaspoons) and vegetable oil. (The oil is mostly sunflower with what must be just a smidgen of partially hydrogenated soybean oil, since each pouch has less than ½ gram of trans fat and only 1½ grams of saturated fat.) Kellogg also throws in the usual 10% or so of the same handful of vitamins and minerals that companies typically add to granola and cereal bars.

For a whole-grain cookie, Munch'ems' numbers are top notch. And the portion-control pouches should help you keep a lid on the munching.

Don't get us wrong. Stuffing a lunch bag with a pouch of granola snacks—with or without whole grains and vitamins—is no substitute for packing an apple, a peach, a small container of baby carrots or strawberries, or a small yogurt.

But if it's a bag of Munch'ems versus a bag of Oreos, go with the granola.

Kellogg's: (800) 962-1413

CINNABOMBS



"Now you can bring home all of the mouth-watering aroma and flavor of Cinnabon World Famous Cinnamon Rolls," gushes the label on **Cinnabon Cinnamon & Cream Cheese Turnovers**.

"Made with only the finest ingredients," it adds, the Turnovers are "an all-occasion pleasure."

Finest ingredients? What's so fine about white flour, cream cheese, sugar, corn syrup, partially hydrogenated soybean and cottonseed oils, plus a paragraph's worth of artificial flavors, colors, and preservatives?

The oils help explain why each 410-calorie, five-teaspoons-of-sugar turnover sends a load of trans fat (six grams) and saturated fat (six grams) coursing through your arterial highways and byways. Make Cinnabon Turnovers an "all-occasion pleasure" and soon some dislodged blood clot is going to hit a traffic jam that has no detour.

The company's **CinnaPoppers** look less damaging at first. But that's because the serving on the box (three pieces) adds up to roughly half a Cinnabon Turnover.

CinnaPoppers are "not just for breakfast, but for dessert, at the office, for birthdays, or any time you want a special treat," says the label.

Eat too many "special treats" and you can plan on serving CinnaPoppers at your post-angioplasty party.

Pegasus Foods: (888) 747-9338

TIP OF THE MONTH

To keep grilled vegetables from getting charred on the outside before they cook on the inside, microwave the cut-up veggies for 1 to 2 minutes, then brush with oil or your favorite marinade and grill until tender.

About CSPI, publisher of *Nutrition Action Healthletter*



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