

**PUTTIN' ON THE SPRITZ**

A big bowl of fresh, succulent salad vegetables is a flawless, low-calorie dish that can help curb inflation on your bathroom scale...unless you overdo the dressing.

With some 80 calories in each tablespoon of a typical regular salad dressing, you can unwittingly turn a net loss (in calories) into a net gain (in clothing size).

Light dressings and some vinaigrettes cut half the calories, and fat-frees cut even more. But a couple of careless twists of the wrist and you can easily drown your unsuspecting veggies in too many calories, too much salt, or both.

Enter **Hellmann's Salad Spritzers**.

Each spray coats your greens with only 1½ calories' worth of dressing. Hellmann's says that 10 sprays is enough for a cup of salad, but

you could easily use twice that much without putting your calorie budget in peril.

(Sodium is a different story. With 10 to 13 milligrams per spray, you'd be smart not to stray too far from the 10-spray serving.)

So break out the greens, grape tomatoes, red bell pepper slices, thinly sliced grilled portobellos, you name it.

You can switch off from **Balsamic Breeze** to **Red Wine Mist** to **Asian Silk** to **Zesty Italian** to **Raspberry Bliss**, depending on your mood or menu.

The best part: one careless spritz and you're only a couple of calories and a few milligrams of sodium over budget.

Unilever Canada: (800) 457-6939

Photos: CSPI.

**About CSPI,**  
publisher of  
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**Healthletter**



The Centre for Science in the Public Interest (CSPI), founded in 1971, is an independent non-profit consumer health group. CSPI advocates honest food labelling and advertising, safer and more nutritious foods, and pro-health alcohol policies. CSPI's work is supported by *Nutrition Action Healthletter* subscribers and foundation grants. CSPI accepts no government or industry funding. *Nutrition Action Healthletter*, which has been published in the U.S. since 1974 and in Canada since 1996, accepts no advertising.

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**BOO MENU**

**President's Choice Blue**

**Menu's** Web site promises

"healthy eating made easy!"

And the line often delivers

...except when it doesn't.

PC's **Blue Menu Lemon**

**Swirl Cheesecake** is a perfect

example. True, it has "35% less

saturated fat" and "25% less

calories than PC's New York Deli

Cheesecake," thanks to light Neufchâtel cheese and the safe artificial sweetener sucralose. What's more, the Lemon Swirl's "crumb base" is made with whole wheat flour.

But "healthy eating"? Who would call a petite, 3-inch diameter cheesecake that supplies 250 calories and 7½ grams of bad fat "healthy"?

A scoop of Baskin Robbins Jamoca Almond Fudge ice cream has 270 calories and 7½ grams of bad fat. A Tim Hortons Chocolate Glazed doughnut has 260 calories and 4½ grams of bad fat.

A Cadbury Dairy Milk Bar has 220 calories and 7 grams of bad

fat. No one would call them "healthy" with a straight face.

If you're looking for a healthy dessert in a box, try a President's Choice Blue Menu Apple Berry Crumble. It's got 210 calories and just 1 gram of bad fat. More importantly, it's made with Northern spy apples, raspberries, wild blueberries, rolled oats, and whole wheat flour.

Now you're talking healthy.

President's Choice: (888) 495-5111



**TIP**  
**OF THE MONTH**

**For a week's worth of almost-salt-free salad dressing, combine 2/3 cup olive oil with 1/3 cup balsamic vinegar in a jar with a tight-fitting lid. Add 2 crushed garlic cloves, 1 tsp. Dijon mustard, 1 tsp. honey, and a spritz of fresh lemon. Shake like heck.**

Return undeliverable Canadian addresses to:

**Nutrition Action Healthletter**

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