

**GOOD GARLIC**



If you cook with garlic—and who doesn't?—you know how it can take almost any dish from dull to dazzling.

But you may not appreciate the time it takes to peel and mince or purée fresh garlic. And if your recipe calls for *roasted* garlic, you may not have the half hour—or the patience—to bother.

That's where **Derlea Garlic Puree** and **Minced Garlic** come in. Instead of reaching for a head of garlic, just reach for a jar and scoop out ½ teaspoon for each clove of garlic in your recipe.

Suddenly your linguine, shrimp, braised greens, beans, or crusty bread has five-star gourmet restaurant garlic flavour. And there's no way your diners will notice that you've cut back on the salt when all of their garlic receptors are firing.

Derlea does other garlics. Try the **Roasted Garlic** or **Garlic & Ginger** in your next chicken-asparagus stir-fry (or the **Garlic, Ginger & Chili** if you can stand the heat). Add some **Garlic & Jalapeño** to your next batch of bean burritos. Or make your own mix with jars of **Minced Organic Garlic** and **Minced Ginger**.

From pasta to potatoes and from soup to seafood, broccoli, and salad dressing—is there *anything* that doesn't taste better with garlic? (Well, maybe ice cream.)

Garlic doesn't seem to lower blood cholesterol, but it's 100% certain to lower your risk of boring, bland food.

**Derlea Foods: (888) 430-7777**

*About CSPI, publisher of Nutrition Action 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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**SO DECEPTIVE**

**Organic So Delicious**

doesn't claim that its

**Vanilla & Almonds**

"lactose free frozen dessert in a chocolaty coating" is good for you. It doesn't have to.



People just assume that anything made of soy (organic, no less) is healthier. Unfortunately, So Delicious is made of much more than soybeans. It's chock full of sweeteners (brown rice syrup, tapioca syrup, dehydrated cane juice, potato sugar) and fats (coconut oil, palm oil, safflower oil, and cocoa butter).

Add them up and you've got a 300-calorie bar that squeezes 7 grams of saturated fat (a third of a day's worth) and 15 grams (almost 4 teaspoons) of sugar into the palm of your hand.

The ice-cream-like filling isn't so bad. At least its soybeans are low in sat fat (though there isn't good evidence that they lower the risk of heart disease, breast cancer, prostate cancer, or hot flashes, as many people assume).

It's the chocolaty coating you have to watch out for. Coatings need a heavily saturated fat like coconut oil so they'll melt in your mouth, not in your hand. So chocolate coating means a coating for your arteries.

The bottom line: a So Delicious bar has about as many calories as a Häagen-Dazs Vanilla & Almonds bar, though Häag has more sat fat (12 grams) and sugar (20 grams).

The difference: people *know* that Häagen-Dazs is a splurge, while So Delicious gets away with that healthier-than-the-competition image.

**Turtle Mountain: (866) 388-7853**

**TIP**  
OF THE MONTH

**For a refreshing summer cooler, put 4 cups of watermelon chunks (no seeds), 1 cup of ice, and the juice of half a lime into a blender. Blend until smooth.**

Return undeliverable Canadian addresses to:

**Nutrition Action Healthletter**

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