



GO NUTS



Want to add some crunch to your salad, some pizzazz to your pasta, some zip to your dip?

Introducing **Salad Sensations Seasoned Almonds**. Roasted, flavoured, and slivered or sliced, they're anything but plain.

Throw some **Teriyaki** in a stir-fry or on a piece of broiled flounder or grilled chicken.

Sprinkle a bit of **Bacon & Cheddar** on a baked potato or a plate of roasted asparagus. Jazz up a salad or homemade veggie wrap with some **Garlic Caesar**. Toss a little **Tomato & Basil** with pasta or mix it with a hummus dip.

Just remember that almonds—like any other nuts—are calorie dense. Their unsaturated fat can cut cholesterol and protect your heart, but unless you're one of the 27 Canadians who are *trying* to gain weight, you can't just eat them by the handful.

(The same goes for the company's other delicious seasoned nuts and seeds—**Honey Roasted Pecan Pieces, Roasted Red Pepper Sunflower Kernels, Pesto Pine Nuts, and Roasted Salted Walnut Pieces**—which aren't in some markets yet.)

Instead, start with a tablespoon; that's around 40 calories, 40 milligrams of sodium, and four grams of fat—hardly any of it saturated. Two tablespoons is probably closer to what you'll end up using.

But don't get carried away. With nuts like these, it's hard to stop at a tablespoon.

Trophy Foods: (800) 387-3189.

Photos: Nick Waring.

FATTUCCINOS

If the original Coffee Frappuccino was a minor indulgence, the latest (coffee-free) **Blended Crème Frappuccinos** are swimsuit suicide.

An ordinary venti (24-ounce) Coffee Frappuccino has 350 calories (roughly 480 if you ask for whipped cream). The numbers drop to 260 calories (for a 16-ounce grande) or 190 (for a 12-ounce tall).

In contrast, a venti **Strawberries & Crème Frappuccino** has 650 calories. Add whipped cream and you're up to 780 calories and 10 grams of saturated fat. It's a Pizza Hut Personal Pan Pepperoni Pizza (plus 140 calories) that you sip through a straw.

The other new Blended Crèmes are no better. A venti **Double Chocolate Chip** with whipped cream hits 750 calories and 16 grams of sat fat. And a venti **Vanilla Bean** with whipped cream will give you 640 calories and 10 grams of sat fat to work off at the gym.

Blended Crème Frappuccino is a fancy word for milkshake.

Our advice: If you want a Frappuccino, stick with a tall Coffee and skip the whip. Or get a no-whip **Frappuccino Light**. The Lights aren't sugar-free, but you'll save 100 to 150 calories and—thanks to their skim milk—two to three grams of sat fat. (They'd be better if they didn't mix the safe artificial sweetener Splenda with the possibly unsafe sweetener acesulfame potassium.)

Starbucks: (800) 235-2883.



TIP OF THE MONTH

Cut a thick slice of watermelon into cubes. Top each with a bit of crumbled light feta cheese (about a tablespoon per cup of melon cubes), a sprinkling of chopped fresh mint leaves, and a drizzle of balsamic vinegar.

About CSPI, publisher of *Nutrition Action Healthletter*



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