

**BOOSTER SHOT**



Salads make a great side dish, but sometimes you want a heartier, stick-to-your-ribs food. Each “No Added Salt” bag of **Salad Booster** mixes up a flavourful trio of roasted nuts, seeds, and dried fruit—like pumpkin seeds, raisins, and soy beans (**Sierra Blend**) or sunflower seeds, golden raisins, and soy beans (**Western Blend**).

What better way to get some omega-3-rich flax seeds than mixed with dried cranberries and almonds (**California Blend**), tossed with almonds and pumpkin seeds (**Harvest Blend**), or snuggled among raisins and almonds (**Southern Blend**)?

Each one-tablespoon serving supplies just 60 calories’ worth of (largely) unsaturated fats that can help make your LDL (“bad”) cholesterol go south. (Nuts, seeds, and dried fruit are calorie-dense, though, so you can’t just open a bag and pour.)

Think outside the greens. Sprinkle some Salad Booster on your cereal or yogurt or right into your palm (it’s okay, no one’s watching).

“Turn your salad into a meal!” proclaim the labels. That’s a bit of an exaggeration (a serving has only 1 to 3 grams of protein—hardly a meal’s worth).

But if you’re looking for a quick, easy salad topping that won’t boost your blood pressure or cholesterol, Salad Boosters beat croutons or shredded cheese hands down.

**Service Packing Co. Ltd: (604) 681-0264**

Photos: CSPI.

**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.

[www.cspinet.org/canada](http://www.cspinet.org/canada)

**BLUE MENU BLUES**



“Good For You never tasted so good!” croon the labels of many **President’s Choice Blue Menu Reduced Fat frozen entrees**.

“Not as bad for you” is more like it.

The Blue Menu line promises to cut fat, calories, or sodium in some foods (and offers fibre, omega-3 fats, and soy protein in others). But sometimes, the cuts don’t go far enough.

Take PC’s **Blue Menu Deep Dish Chicken Pie**. It may have 25 per cent less fat than the company’s regular Deep Dish Chicken Pie, but each serving still pours a third of a day’s saturated fat (7 grams) into your bloodstream. Ditto for **Blue Menu Macaroni & 3 Cheeses**. A McDonald’s Bacon Cheeseburger has 6 grams of sat fat. Would you call *that* “good for you”?

**Blue Menu Shepherd’s Pie**, “made with extra lean ground beef,” sounds like a gift to your arteries. And who would suspect any

trouble from the “seasoned chicken fillets with vegetables in a Thai-inspired sauce” in the **Blue Menu Yellow Curry Chicken**?

Yet a serving of each delivers 6 grams of sat fat (and roughly 800 milligrams of sodium) that your blood vessels don’t need.

President’s Choice Blue Menu is clearly a “better menu.” But some of its entrees are about as good for you as a minor traffic accident.

**President’s Choice: (888) 495-5111**

**TIP**  
OF THE MONTH

**Hate plucking the stems from strawberries? Insert a plastic straw in the non-stem end and gently push it towards the stem until the stem pops off.**

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