

CHILL



The next time you're at a **Tim Hortons**, look past the doughnuts, bagels, cookies, doughnuts, croissants, muffins, doughnuts, biscuits, and Danish. (Did we mention doughnuts?)

Tim's new **Yogurt & Berries** stands out in the crowd.

It's not the usual baked or fried white flour and sugar. It's not the usual salty soup or salty (and sometimes fatty) sandwich.

Instead, it's a scrumptious cup of fruit

and low-fat dairy—foods that people should eat more often to lower their risk of heart disease, stroke, high blood pressure, and osteoporosis.

But once you take that first spoonful, you'll forget about "shoulds." The frozen blackberries, blueberries, raspberries, and strawberries cool the velvety strawberry or creamy vanilla yogurt almost to ice cream temperature.

But instead of ice cream's sugar and sat fat, you get to indulge in a potassium-rich, calcium-rich dish that isn't rich in calories (only 160), saturated fat (1½ grams), or sodium (50 milligrams). In contrast, doughnuts, muffins, bagels, croissants, and Danish will take a bigger bite (200 to 500) out of your calorie allowance.

Is there a better way to chill on a hot summer day?

Tim Hortons: (888) 601-1616.

ONE PUFF TOO MANY



"Delicately light and flaky puff pastry crust topped with roasted tomato wedges, feta and Parmesan cheeses, kalamata and black olives," croons the package of **President's Choice Roasted Tomato, Feta Cheese & Olive Puff Pastry Pizza**.

"Delicately light and flaky"?

That certainly won't describe the lining of your arteries after you polish off just half an eight-inch puff pastry pizza. Ordinary pizza is bad enough, thanks to the cheese's saturated fat and the salt in the cheese, crust, and sauce.

But PC's puff pastry is loaded with both saturated and trans fat. Every serving of the pizza has six grams of each, courtesy of cheese and hydrogenated palm, soy, and cottonseed oil. The 12-gram total is 60 per cent of a day's worth of bad fat. It's also roughly what you'll get from President's Choice's other puff pastry pizzas—**Ham & Swiss Cheese** and **Roasted Chicken & Tomato**.

That's if you eat just half a pizza. With only some 350 calories per half, plenty of diners won't stop until they've downed the entire pie.

There goes more than a day's worth of bad fat and 60 per cent to a day's worth of salt.

Like gravy-covered French fries and chocolate-coated waffle cones, puff pastry pizza makes a flawed food worse. The food industry calls it indulgence. Some would call it adding insult to injury.

President's Choice: (888) 495-5111.

TIP OF THE MONTH

For a luscious summertime treat, cut ripe peaches in half, spritz with cooking spray, and grill (flat side down) for 2-3 minutes, until soft. Top each half with a dollop of low-fat or frozen yogurt.

Photos: CSPI (left), Nick Warring (right).

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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