

UPPER CRUST



Pizza is far from perfect. It can have too much saturated fat (from the cheese), too much refined carbohydrate (from the crust), and too much sodium (from just about everything).

President's Choice makes it easy to fix at least one of those flaws.

Its **Blue Menu Whole Grain Pizza Kit** is made

almost entirely of stone ground, whole-grain whole wheat flour ("whole-grain" means that none of the nutrient-rich germ has been removed). Just spread on the enclosed pizza sauce, add any toppings you'd like, and bake for 6 minutes. Mmmm. Nothing like fresh-from-the-oven pizza.

Without the toppings, each 190-calorie serving (half a 9-inch crust plus half the sauce) supplies 5 grams of fibre, 8 grams of protein, and just ½ gram of saturated fat. You do swallow 450 milligrams of sodium, but you can get away with less if you don't squeeze every last drop of sauce out of the generous pouch.

So go ahead. Create the pizza of your dreams. Our advice: forget the sauce and top the crust with chopped fresh tomatoes, fresh basil, and a sprinkling of fresh mozzarella before popping it in the oven. Better yet, bake a crust and top it with a salad of mixed greens, avocado, cucumber, and red onion tossed with a light vinaigrette.

Who needs cheese, tomato sauce, and white flour? Let the Prez unleash your inner pizzeria.

President's Choice: (888) 495-5111

BERRY BAD



"Perfect for entertaining!" declares the mouth-watering label of **Compliments Sensations** frozen **Forest Berry Cheesecake Phyllo Pastries**. "Our phyllo pastry bundles are bursting with the flavours of strawberry, blackberry, blueberry, raspberry and cheesecake."

So the next time you have guests, just place the bundles on a baking sheet and pop in the oven for 18 to 20 minutes. Then slice each pastry down the middle and serve each guest half.

Well, that last bit isn't on the box. But that's what you'd have to do to match the Nutrition Facts panel, which shows just 170 calories and 4½ grams of saturated fat. Serve each guest a whole pastry and you'll double both numbers—sort of like dishing up a filet mignon for dessert.

That's because there's more cheesecake (cream cheese, sugar, wheat flour, eggs, sour cream, palm oil, etc.) than berries in these bundles of enjoy. In fact, the pastries contain no vitamin C, which you'd expect to get from berries.

In contrast, Compliments' other two Phyllo Pastries—**Apple**

Caramel Cranberry and **Peaches and Cream**—have about half as much sat fat, in part because they contain more fruit than anything else. Yet their boxes don't feature the luscious-looking fruit you see on the Forest Berry box.

When it comes to Compliments Phyllo Pastries, it looks like the more fruit *on* the box, the less fruit *in* the box.

Compliments: (866) 672-0061

TIP
OF THE MONTH

Add a little crunch to your salads. Sprinkle on some toasted almonds or sesame seeds. Or toss in a bit of chopped cucumber, bell pepper, raw corn kernels, jicama, carrot, or apple.

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About CSPI, publisher of Nutrition Action Healthletter



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