



GET READY

Like other whole grains, brown rice has more vitamins, minerals, fiber, and who-knows-what phytochemicals that may help lower your risk of heart disease, diabetes, and diverticulosis. But many people don't like the 45 minutes it takes to cook.

If that's you, check out **Uncle Ben's Whole Grain Brown Ready**

Rice. It has already been thoroughly cooked by Ben, so by the time it reaches your kitchen, all you have to do is microwave it for 90 seconds (or simmer it for 4 minutes) right in the pouch. The rice tastes as fluffy and nutty as it would had you cooked it the old-fashioned way.

Uncle Ben adds no salt or artificial flavors or colors. And while the rice does contain a touch of partially hydrogenated soy oil, there's only a negligible 0.05 grams of trans fat in each serving (that's why the label can list trans as zero).

If Ready Rice's small (8.8-ounce) bag isn't enough to feed your family, Ben offers 10-minute **Instant Whole Grain Brown Rice** in a 14-ounce box. When cooked, it makes more than three times as much as you'll get out of a pouch.

Not sure what to do with brown rice? Add some sautéed vegetables or rinsed black beans. Pair it with chili. Stuff it in peppers or squash. Swap it for white rice in your pilaf. Think of it as a substitute for mashed potatoes.

Who needs nutrient-stripped, fiber-poor white rice when brown rice is ready when you are?

Uncle Ben's: (800) 548-6253.

About CSPI, publisher of Nutrition Action Healthletter



The Center for Science in the Public Interest (CSPI), founded in 1971, is an independent non-profit consumer health group. CSPI advocates honest food labeling 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 since 1974, accepts no advertising.

EVERLASTING DOVE



"There is a wonderful surprise inside every flavor of new **Dove Ice Cream,**" croons the label. "Open it up to find a lusciously rich and creamy chocolate layer made from Dove Chocolate and fresh cream. We call it Dove Chocolate Ganache. You'll call it heaven!"

We'd call it something more down-to-earth, say, a reason to check your health insurance policy's coverage for angioplasty and liposuction.

It's not as though people are clammering for fattier—and more fattening—ice cream. Yet, thanks to the layer of hardened chocolate and (in all but the Vanilla) the chocolate chunks in the ice cream below, Dove squeezes some 300 calories and 9 to 13 grams of saturated fat (half a day's worth) into a tennis-ball-size serving (half a cup). That puts it in the same ballpark as Ben & Jerry's and Häagen-Dazs.

Reality check: that "wonderful surprise" inside every flavor of Dove ice cream may turn out to be not so wonderful the next time you step on the scale or get your cholesterol checked. And the "lusciously rich and creamy chocolate layer" may become part of that stubbornly thick and hard-to-lose layer around your midsection.

With names like "Unconditional Chocolate," "Give in to Mint," and "Chocolate & Brownie Affair," Dove is trying to link chocolate with romance. A scoop of ice cream can fill your heart all right, but not with love.

Dove: (800) 551-0895.

TIP OF THE MONTH

For a quick, healthy sandwich, stuff a whole-wheat pita with veggies like sliced tomato, cucumber, red pepper, and avocado and top with some plain yogurt, crushed garlic, and a drizzle of olive oil.

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