

**MAIN SQUEEZE**



If you're a spur-of-the-moment kind of cook, you know the feeling. You're just about to tackle an unfamiliar recipe when you notice—usually at the bottom of the list of ingredients—fresh basil, cilantro, or some other herb. Unless your garden's in bloom, what are the odds you'll have fresh herbs ready to toss into your dish?

Not to worry. **McCormick** now sells handy, 75-gram tubes of **Basil, Cilantro, Parsley, Mixed Herbs** (parsley, basil, thyme, and marjoram), **Garlic**, and **Chili**. No more tossing out wilted or rotting fresh leaves. No more garlic cloves to wrestle with. With McCormick, it's squeeze as you go. (You can store the tubes in the cupboard for up to a year.

Open, they'll keep in the fridge for two months.)

McCormick adds a touch of water, sunflower oil, salt, and a few trace ingredients to each tube. Calories (10 per teaspoon for the garlic, 5 for the others) are trivial. And the modest 80 mg of sodium in each teaspoon may let you skimp on the recipe's salt.

But it's the good-as-fresh flavour that'll make you a convert. The herbs taste just-snipped, the garlic has no hint of the bitterness that bottled chopped garlic can have, and the chili's heat is bundled with a rich savoury taste.

Add some to your soups or sauces or dips. Squeeze some into your stir-fries or potatoes or rice. Smear a little of the garlic or chili on a piece of crusty bread.

Once you've tried them, you'll never go back to dried herbs.

**McCormick: (800) 265-2600.**

**AN OMEGA MISTAKE**

The omega-3 fats in fish oil cut the risk of a sudden death heart attack. And Health Canada has approved a claim for foods that are a "source of omega-3 polyunsaturated fatty acids."



So **Compliments Beef Burgers**, which sport the omega-3 claim, must be good for your heart, right? Don't bet your ticker on it.

Each burger has 5 grams of saturated fat (and 0.5 grams of trans fat). That's not as bad as, say, the 15 grams of bad fat in each Compliments Super 6 Burger, but it's still a quarter of a day's worth. Compliments adds canola oil so it can boast about each burger's 0.7 grams of omega-3s. But the omega-3s in vegetable oils may not protect the heart as well as fish oils do. Adding oil to burgers doesn't turn them into heart savers.

Thanks in part to the added canola, each Compliments omega-3 burger has 270 calories—70 more than a President's Choice Blue Menu Thick & Juicy Lean Beef Burger. And who needs the 500+ mg

of sodium in *either* brand when the same amount of lean ground beef has only 90 mg?

If you want omega-3s, stick with **Compliments Atlantic Salmon Burgers**.

Each patty has 2 grams of omega-3s from fish. And the salmon will cost you just 170 calories, 210 mg of sodium, and 2 grams of bad fat.

If you want canola oil's omega-3s, make your salad dressing with it.

**Compliments: (866) 672-0061.**

**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.**

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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