

## CRUNCH TIME



What's the best salad? The one that's not boring.

Any bowlful of fresh vegetables belongs on your menu. But if you're stuck with the same lettuce, tomato, and oil and vinegar dressing every day, eating salad can seem like a duty, not a delight.

That's where **Pepperidge Farm Seasoned Whole Wheat Croutons** come in. Like any croutons, they spice up your greens, etc.,

with a savoury crunch that compliments your crisp fresh veggies. But instead of delivering the equivalent of seasoned white bread, Pepperidge Farm makes it whole wheat.

And why not? As anyone who's made homemade croutons from day-old bread knows, whole grain works as well as white. Pepperidge Farm adds a touch of non-hydrogenated vegetable oil (that means no trans fat), skim milk powder, spices, and flavourings.

Salt adds 60 milligrams of sodium, so unless your dressing is low in sodium, you can't stray too far from the modest 6-crouton serving listed on the box.

That's enough to perk up the Italian-Style Tomato Salad or any of the other recipes that you'll find at [pwholegrains.com](http://pwholegrains.com) (click on Whole Grain Meal Ideas, then select Whole Grain Croutons in the drop-down menu box).

The key is to keep your taste buds buzzing so your salad stays fresh in both senses of the word.

**Campbell: (800) 410-7687**

*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)

## TWO BAD

Who can resist a package of **Homestyle Two-Bite Brownies**? Not only are they "lovingly baked in our kitchens the way Mom used to bake 'em." They're s-o-o-o handy.

You can pick up a palm-sized bag or two at the convenience store, gas station, or bakery section of many grocery stores.

Judging by the Nutrition Facts panel, each bag doesn't seem to take much of a toll on your waistline—just 190 calories. Or so it seems.

Only the most discerning label reader would notice that the Nutrition Facts numbers apply to about half the bag.

Eat all four mini-brownies and you swallow 350 calories. What's more, the saturated fat jumps from 4 grams to 7 grams—a third of a day's worth.

Homestyle's **Two-Bite Cookies (Chocolate Chip, Oatmeal Raisin, Rocky Mountain, and Trail Mix)** pull the same trick, though their numbers aren't as bad as the brownies'.

Homestyle's labels appear to violate Health Canada's regulations, which (sensibly) require Nutrition Facts for the entire bag when it could "reasonably be eaten by one person at a single sitting."

Just what we need—labels that trick people into eating more calories than they think they're swallowing.

Is Homestyle ignorant? Trying to make Canadians fatter? Or is this just a two-bit scheme to sell more sweets?

**Give & Go: (416) 675-0114**



## TIP OF THE MONTH

**For a whole-grain crunch, sprinkle a few tablespoons of Grape-Nuts cereal over a tub of plain or vanilla low-fat yogurt mixed with berries or cut-up peaches or bananas.**

Return undeliverable Canadian addresses to:

### **Nutrition Action Healthletter**

CENTRE FOR SCIENCE IN THE PUBLIC INTEREST  
P.O. Box 4252, Postal Station A  
Toronto, Ontario M5W 5S4  
e-mail: [circ@cspinet.org](mailto:circ@cspinet.org)

