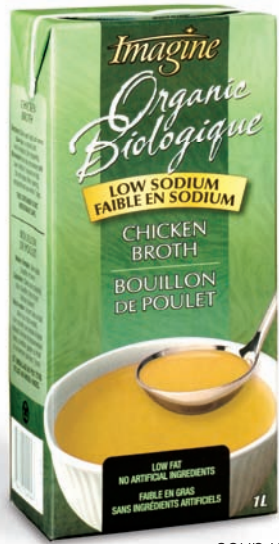


IMAGINE THERE'S LESS SODIUM



Soups. Pasta sauces. Stir-fries. Rice. Cous-cous. Stews. Braises. Gravies.

Those are just some of the foods that are more flavourful if you make them with broth instead of water. But most chicken, beef, and vegetable broths are brimming with salt.

Chicken broths, for example, top out at roughly 1,000 milligrams of sodium per cup (Campbell's Condensed or No Name). And even less-salty ones (like Knorr Simply Chicken or Campbell's Organic Chicken) have 550 to 600 mg. That's still a mouthful of salt for 5 to 20 calories' worth of broth.

Now you can throw out the salt without the soup water.

Imagine adds only enough salt to give its **Organic Low Sodium Chicken Broth** 95 mg of sodium per cup and its **Organic Low Sodium Vegetable Broth** 140 mg. (Harder-to-find **Pacific Foods Organic Low Sodium Chicken Broth** has just 45 mg of sodium.)

They may not have as much zing as ordinary broths, but who drinks them straight? In your soup, stir-fry, or rice, they add more than enough oomph while letting the other flavours shine through.

Sure, you could always throw your own veggies and chicken bones into a pot and simmer for a few hours. But if you only have time to simmer through rush hour traffic, **Imagine** and **Pacific** do the cooking for you... and they do it with more than salty water.

Imagine: (800) 434-4246

Pacific Foods: (503) 692-9666

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

OFF QUICHE



It's not clear why **Compliments** makes a **Crustless Quiche Lorraine**. Maybe it's a holdover from the low-carb craze.

Some shoppers might assume that losing the crust makes a quiche "healthy." Wrong.

A typical quiche crust consists largely of white flour, shortening (or lard, oil, or butter), and salt. So losing the crust *could* be a gain.

But **Compliments** manages to make up for the saturated fat in the lost crust with plenty of sat fat from the filling. Eggs, Swiss cheese, milk, ham, and whipping cream add up to 10 grams of sat fat per 160-gram quiche (that's par for the course for a *crusted* quiche).

Those ingredients also explain how **Compliments** squeezes 340 calories and 790 milligrams of sodium into each quiche.

The same size serving of **Merit Selection's Irresistible Crustless Quiche**, on the other hand, has about half the sat fat of **Compliments**. Bring the serving down to 110 grams (1/5 of a large quiche) and three

of **Merit Selection's** four flavours—Mediterranean; Florentine; and Tomato, Olive and Artichoke—end up with only 3 or 4 grams of sat fat, roughly 200 calories, and 390 to 560 mg of sodium. (The Broccoli and Cheese has 5 grams of sat fat.) Too bad they're available only in Quebec and Ontario.

If **Merit Selection** can lighten our load, why can't **Compliments**?

Compliments: (866) 672-0061

Merit Selection: (877) 763-7374

TIP OF THE MONTH

Got the end-of-summer-tomato blahs? Combine 2 Tbs. of balsamic vinegar with 1 tsp. of brown sugar. Drizzle over a big (sliced) tomato. Add a twist of pepper, a few fresh basil leaves, and think "July."

Return undeliverable Canadian addresses to:

Nutrition Action Healthletter

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