

**BOSTON'S BEST**

"Whole wheat linguini noodles tossed with pomodoro sauce, roasted red peppers, sun-dried tomatoes and sautéed spinach."

That's how **Boston Pizza**

describes its **Tuscan Linguini**, which is one of the first whole wheat pasta dishes on the menu of a major restaurant chain.

And the "Create Your Own" section of the menu lists "whole wheat linguini" as just another variety of pasta, like spaghetti or fettuccini. Bravo!

That's not to say that Boston Pizza's pasta is perfect. First of all, it's whole wheat, but not whole *grain*. In other words, it contains the fibre-rich bran, but not all of the wheat kernel's vitamin-rich germ. That should be easy for BP to fix.

The sodium might be tougher. Most of the chain's sauces are salty. Let's say you get a half-order (which cuts the calories from roughly 1,000 to 500). You're talking 670 to 720 milligrams of sodium—almost half a day's worth—in the better "Create Your Own" sauces (Bolognese or Pomodoro), and (gulp) 1,310 mg in the Tuscan Linguini.

(Those numbers are overestimates, since they include the salt that's added to the water in which the pasta is cooked.)

Even so, you're better off with whole wheat pasta under your salty sauce than ordinary white pasta. Best of all, Boston's whole wheat is fabulously non-grainy and absolutely delish.

Boston Pizza: www.bostonpizza.com

About CSPI,
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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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BAD BURGER

The **Cracked Peppercorn**

Burger is "lightly coated with cracked black peppercorns, topped with melted Swiss cheese and 2 crunchy jumbo on-



ion rings on a sesame bun brushed

with basil mayonnaise," explains **Kelsey's** menu. "Now that's a burger you can sink your teeth into!"

Forget your teeth. This baby can sink your whole *diet*.

Its 1,100 calories pack more than a day's worth of bad fat—24 grams of saturated plus 1 gram of trans (the trans occurs naturally in the beef and cheese). You could eat two McDonald's Angus Burgers, Big Xtras, Big Macs, or Quarter Pounders with Cheese and still be in Cracked Peppercorn range.

The Cracked Peppercorn may be less salty than two of some of those other burgers. But it's tough to boast about a food that gobbles up a day's sodium (1,560 mg), especially when it comes with a choice of crispy fries (1,260 mg *more* sodium), coleslaw (430 mg), soup (roughly 900 mg), Caesar side salad (540 mg), or house salad (340 to 610 mg, depending on dressing).

Kelsey's offers some lighter options. Try the Roasted Vegetable Wrap (580 calories) or Toasted Sesame Salmon Salad (680 calories). At least they provide some veggies instead of red meat, white flour, and battered, deep-fried onion rings.

What's next for burger toppings? Nachos? French fries? Potato skins?

Kelsey's: (877) 439-1133

tip OF THE MONTH

Make a quick side salad for four.

Whisk together 2 Tbs. canola oil, 1 Tbs. balsamic vinegar, ½ tsp. kosher salt, and ¼ tsp. honey. Drizzle over 2 cups each watercress and endive, 1 sliced apple, and ¼ cup walnuts.

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