



NEWER & WISER



It's not that tough to find whole-grain breads, cereals, even English muffins. But when it comes to pasta, the cupboard is—or at least it was—kind of bare.

Olivieri's new **Nutri Wise Whole Wheat Linguine** makes it a pleasure to get more of the grains that may help cut your risk of heart disease, diverticulosis, and constipation. By adding

25 per cent enriched durum semolina (the typical pasta flour) to 75 per cent whole-wheat flour, Olivieri delivers five grams of fibre that doesn't taste like a mouthful of sawdust.

Because it's a fresh, refrigerated pasta, Nutri Wise has a richness that you don't find in the ordinary, shelf-stable variety. And the whole grain makes the linguine's flavour more complex and distinctive than you'd get from its bland refined-flour cousins.

Such a strong personality may not mesh with an ordinary tomato sauce. But with garlic, olive oil, and a medley of sautéed onions, red or green peppers, and mushrooms? Marvelous. Or with a homemade—or Olivieri's own Chunky Bruschetta Style—pesto? Now you're talkin'.

The short list of healthful, delicious dishes that take only five minutes to cook just got longer.

Olivieri Foods: (888) 821-0655.

STRIP TEASE

"McDonald's enhances its menu with new **Chicken Selects Premium Breast Strips**," announced the U.S. press release last July. "We're thrilled to be launching our new premium Chicken Selects as the country sends its premium athletes to the Athens 2004 Olympic Games."

Get it? We're supposed to think of Chicken Selects as the gold-medal winners in the chicken-strip competition. After all, they're made of "premium-quality, 100 per cent white chicken breast meat, seasoned and lightly breaded."

The Selects may taste better than the Chicken McNuggets, but a light, healthy chicken breast entree they're not.

A five-strip order of Selects has 800 calories, 19 grams of artery-clogging (saturated plus trans) fat, and 1,870 mg of sodium. That's worse than a Double Big Mac. Note to carb-counters: the Selects' "light" breading also supplies more carbohydrates (54 grams) than a Double Big Mac (45 grams).

Despite McDonald's PR baloney, its healthiest chicken is in the Chicken McGrill sandwich (390 calories and three grams of harmful fat) or Chicken Caesar Salad with Warm Chicken McGrill (300 calories and five grams of bad fat, without dressing).

Once again, McDonald's fails to medal in the straight-with-its-customers competition.

McDonald's: (416) 446-3932.



TIP OF THE MONTH

Already carved your pumpkin? Spread the (washed) seeds on a cookie sheet and dust with cooking spray. Sprinkle with garlic powder, pepper, and Cajun seasoning. Bake at 350°F (175°C) for 5-10 minutes or until browned.

Photos: Nick Waring (left), CSPI (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 since 1974, accepts no advertising.

Printed in the U.S.A.

Return undeliverable Canadian addresses to:

Nutrition Action Healthletter

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