

WORD TO THE WISE



Ravioli can be a rapid-fire response to the demand for a quick dinner. From the time you drop them into boiling water, you've got less than five minutes to make a salad and set the table.

But if you're not careful, ravioli can deliver a nice dose of saturated fat (thanks to meat and cheese fillings), refined flour

(in the pasta), and salt. Solution: head for the refrigerator case for a package of **Olivieri NutriWise Ravioli**.

Olivieri wraps its low-fat fillings in partially whole wheat pasta. Choose from the **Mediterranean Vegetables accented with Olives & Basil** or the **Grilled Chicken à l'Orange**. A cup of either delivers some 250 calories, 10 grams of protein, and three grams of fibre.

Both have only enough cheese to give each serving one gram of saturated fat (and no trans fat). And the sodium clocks in at a low-for-ravioli 115 mg (for the Vegetables) or 210 mg (for the Chicken)—far less than the 400 or 500 mg in many brands.

To keep it low, don't add pasta sauce. Instead, toss your cooked ravioli with olive oil, chopped garlic, chopped fresh tomatoes, and freshly ground black pepper. Sublime.

Who needs fast food restaurants when you can keep healthy, delicious, and even-faster foods right in your fridge or freezer?

"Great taste, good living," says Olivieri. Got that right.

Olivieri Foods: (888) 821-0655.

BAD NEWS BEANS

"Nestlé Coffee Crisp Beans makes a FUN light snack," promises the label.

It's hard to imagine more fun than a 160-calorie snack that supplies 5 grams—a quarter of a day's worth—of saturated fat and four teaspoons of sugar. And that's if you stop at 15 beans. Of course, there's little to keep you from munching away on such a "light" snack.

A bag of baby carrots is a light snack. So is a slice of cantaloupe, a handful of cherries, or a crisp red apple. But sugar, cocoa butter, chocolate, palm oil, hydrogenated soybean oil, artificial flavour, and other ingredients that are shaped like coffee beans?

According to Health Canada, when "light" appears on a food label, it means that the food has at least 25 per cent less fat or fewer calories than a similar food. But the label has to say how much less or how many fewer...and compared to what. Nestlé is silent on both details.

"Light" can also refer to a food's "sensory characteristics," but the label has to explain what that means. Here again, there's not a peep out of Nestlé.

Looks to us like the company took the word "light" too lightly. All that coffee-bean-shaped candy must have gone to Nestlé's corporate head. Apparently, no one stopped to read the regulations.

Coffee-Crisp-Bean-eating Canadians, on the other hand, might stop dead in their tracks when their next LDL ("bad") cholesterol test comes back from the lab.

Nestlé Canada: (800) 387-4636.



TIP OF THE MONTH

When measuring sticky ingredients like honey, maple syrup, or molasses, first spritz the measuring spoon or cup with cooking spray. The sticky stuff will slide right off.

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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