

## WHOLE WHEATINI

There's nothing like a sandwich. Just slap some fixin's inside a bun or bagel or between two slices of bread and you're good to go.

Except that you could end up with some 200 to 300 calories' worth of white flour and 300 to 500 milligrams of sodium before you even start slapping.

That's where **D'Italiano 100% Whole Wheat Thintinis** come in.

They're kind of a cross between a pita bread and a bun, and their non-grainy texture is a perfect way to help your hard-core white bread friends and family see the whole light.

Each Thintini delivers only 170 calories and 250 mg of sodium, plus 4 grams of fibre from its *whole-grain* whole wheat flour (that means it includes the wheat kernel's bran and all of its germ). Bonus: bread can get squished as it sits in your brown bag, but Thintinis come pre-flattened, so they stay in shape.

Don't just think of them for meals on the go. Toast or grill your Thintini to bring out the nutty flavour. Then nestle your favourite salmon or veggie burger inside (topped with onion, lettuce, and tomato).

Or whip up some mini-pizzas with a bit of fresh mozzarella, some halved grape tomatoes, and a thin spread of pesto. You can even break up your toasted Thintini and use it with a dip.

No one can promise that a Thintini will translate into a thinner waistline, but at least it points you in the right direction.

**Weston Bakeries: [www.ditaliano.ca](http://www.ditaliano.ca)**

**About CSPI,**  
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## COOKIE MONSTERS

"Now bigger and better, **Tim Hortons**

**New Gourmet Cookies** are made with quality ingredients and baked fresh throughout the day," announces Tim's Web site.

"Try any of our six varieties: **Chocolate Chunk, Peanut Butter, Triple Chocolate Chip, Oatmeal Raisin Spice, Caramel Chocolate Pecan, White Chocolate Macadamia Nut.**"

Gee thanks, Tim. That's one kind of cookie for each of the six out of ten Canadians who are either overweight or obese.

Surely some customers will assume that a cookie isn't as bad as a doughnut. They'd be wrong. Some doughnuts (like the Apple Fritter, Old Fashion Glazed, Honey Cruller, or Walnut Crunch) have upwards of 300 calories. But others (like the Chocolate, Maple, and Honey Dip) have just 210 calories, and most others hover around the mid-200s. Tim's new cookies range from 220 to 280 calories, smack in the middle of doughnut territory.

Worse yet, each of Tim's cookies has 5 to 8 grams of saturated fat. That's not as bad as most cake doughnuts (9 to 10 grams), but it's

worse than filled and other yeast doughnuts (3½ to 4½ grams).

Our advice: Forget the doughnuts, cookies, and muffins. (Most muffins are low in sat fat, but each packs some 300 to 400 calories.)

Instead, try Tim's fabulous Low Fat Creamy Vanilla or Low Fat Strawberry Yogurt with Berries, with a mere 150 calories. They're better without making you bigger. 🍪

**Tim Hortons: (888) 601-1616**

## tip OF THE MONTH

**Want to work more vegetables into your diet? Toss a bag of baby spinach into your pasta sauce. Or add a handful of broccoli florets or frozen peas or edamame to your brown rice or other whole grain a few minutes before it's done.**

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### 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)

