

## PERFECTION

These days, most grocery stores carry most fruits most any time of year. But not **persimmons**.

They're available only from September through December, with their peak in November. Don't miss 'em.

Persimmons are packed with nutrients. Each has about a quarter of a day's vitamin A, a fifth of a day's vitamin C, and nearly a tenth of a day's copper and vitamin B-6. The fruit is also rich in lutein, a carotenoid that may lower the risk of cataracts. A persimmon's 6 grams of fibre—a quarter of a day's worth—is higher than just about any fruit other than blackberries and raspberries. And it all comes in a 120-calorie package that you can savour slowly or eat on the go.

And savour you will. The delightfully sweet, decadently smooth texture of a ripe **Hachiya** persimmon (pictured above) has no equal. Just make sure that the acorn-shaped fruit is a deep red-orange and that it's so soft that you think you might damage the fruit if you pick it up. (Even slightly unripe Hachiyas are remarkably astringent and will cause serious mouth pucker.)

What to do with your persimmon? Just scoop out the sweet-tangy, jelly-like flesh with a spoon. If you can resist the temptation to eat it right on the spot, spoon it over some low-fat, plain yogurt. Mmmmm.

Light orange tomato-shaped **Fuyu** persimmons, which are far less common, are ripe while still firm. Try chopping some into a salad or some salsa.

If you don't plan to eat your persimmons right away, buy firmer fruit and ripen at room temperature in a paper bag with an apple or banana. When ripe, you can store them in the fridge for up to three days.

You don't need permission to indulge in a persimmon.

"A classic French pâtisserie style dessert, made with a tender all-butter crust and a rich lemon curd filling." That's how **President's Choice** describes its **Tarte au Citron**.

*Très elegant, n'est-ce pas?* Perhaps that's why PC chose such an elegant, dainty, 80-gram serving for the Nutrition Facts on the box, which lists 330 calories for 1/8 of the tarte.

A more-realistic 110-gram wedge (1/6 of a tarte) bumps the calories up to 450, the sat fat from 10 grams to 14 grams (3/4 of a day's worth), and the sugar from 28 grams (7 teaspoons) to nearly 40 grams (10 teaspoons). Oops!

That's what happens when you use nothing but sugar, butter, egg, and white flour, with a bit of lemon juice, lemon peel, and lemon oil.

PC's **Tarte au Chocolat** ("a classic French pâtisserie style dessert, made with a tender all-butter crust and a Belgian dark chocolate ganache filling") has the same issues. The smallish 350-calorie wedge on the label may not look so bad, but divide the tarte into six wedges and each eater gets 520 calories, 19 grams of sat fat (that's it for you the day!), and 28 grams of sugar.

Granted, no one would expect steamed broccoli numbers from a chocolate tarte, but more calories than a Quarter Pounder and more sat fat than two?

Then again, McDonald's burgers aren't elegant...especially if you eat one for dessert.

**President's Choice: (888) 495-5111**



**dish**  
OF THE MONTH

**Unlike other greens, Swiss chard stems are tasty and easy to cook. Chop them up and sauté with a bit of olive oil and garlic until tender, about 10 minutes. Toss in the leaves and season with balsamic vinegar and black pepper.**

**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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**Nutrition Action Healthletter**

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