



### TOP NOTCH



Nothing beats a handful of fresh berries in your cereal. But once blueberries or raspberries or strawberries are out of season, you're out of luck.

Some companies now add freeze-dried berries to their cereals—Berry Burst Cheerios, for example. But they've got more added sugar than the original Cheerios, and you can only eat so many Cheerios.

Enter **Cereal Toppers**. Now you can toss your own freeze-dried fruit into a bowl of All-Bran, Wheaties, Wheatena, oatmeal, or whatever. Just add milk and you've got scrumptious slices of apples, strawberries, or bananas or whole blueberries or raspberries. No more Quaker Instant Strawberries and Cream Oatmeal, which has more sugar and creaming agent than fruit (dehydrated apples pumped up with artificial strawberry flavor, sodium sulfite, citric acid, and Red 40, to be precise).

Each serving of Cereal Toppers supplies one to four grams of fiber, depending on the fruit. They need no refrigeration or preservatives. Except for a touch of added sugar in the dried apples, fruit is the only ingredient.

But why stop at cereal? Cereal Toppers can work their magic in yogurt, cottage cheese, smoothies, pancakes, even salad. Or you can munch on a handful right out of the (resealable) bag.

No muss, no fuss...and no more excuses for that bag of chips.

Fresh Fields Farms: (866) 762-5461.

Photos: Nick Waring.

### SLUDGE DELIGHTS



With trans fat labeling on the horizon, Nabisco has cut the partially hydrogenated oils out of some Oreos, some Chips Ahoy, and other snacks.

Is **Entenmann's** buying Nabisco's unwanted fats at fire-sale prices?

Why else would it introduce a new line of shelf-stable cookies like **Fudge Delights**? "Satisfy your craving for a truly decadent treat" with a "crispy chocolate cookie surrounded by cool mint then drizzled with rich fudge," coos the label on the **Fudge & Mint Delights**.

Translation: a cookie that—thanks to its coating—has more partially hydrogenated shortening (made from palm kernel and soybean oil) than any other ingredient.

The label lists 4½ grams of saturated fat per serving (two cookies, at 75 calories a pop). Odds are, the shortening supplies another two or three grams of trans fat. And the other three Fudge Delights varieties look no better.

Why waste a third of a day's bad fat on two measly cookies? Do you want the sludge that collects on your artery walls to look like the chocolate that's drizzled on the Delights?

Companies like to explain away some of their worst (and often cheapest) ingredients with words like "decadence." So that's what they're calling sleaze these days.

Entenmann's: (973) 785-7606.

**TIP OF THE MONTH**

**Whole-wheat pita chips.** Split each pita into 2 disks by cutting around the seam. Slice into wedges, place on an ungreased cookie sheet, dust with cooking spray and (for variety) garlic powder or Parmesan, and bake at 350° for 10 minutes (or broil for 3 minutes) or until the edges are crispy.

About CSPI, publisher of *Nutrition Action Healthletter*



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CENTER FOR SCIENCE IN THE PUBLIC INTEREST  
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