



### SLAM DUNK SALMON



At first, all burgers were ham-burgers. Then the big chains started selling fried and (finally!) grilled chicken. A few, like Harvey's and Burger King, now even offer veggieburgers.

But fish? It was always deep-fried in vegetable shortening or partially hydrogenated oil, so that the fish's rock-bottom-low saturated fat was overwhelmed by the grease's saturated and trans fat.

Harvey's to the rescue. Its mouth-watering Grilled Salmon Burger has around 320 calories (not counting the mayo) and only some 2 grams of bad fat (including just 0.2 grams of trans). That's a fraction of the bad fat in a McDonald's Big Mac (13 grams) or Filet-O-Fish (5 grams), or in one of Harvey's Original Hamburgers (7 grams).

Granted, the Grilled Salmon's sodium (810 mg) is anything but low. But it's no worse than a Harvey's Veggieburger (830 mg) or McDonald's Filet-O-Fish (800 mg), and it's lower than a Big Mac (1,250 mg) or Harvey's Original (1,000 mg).

How Harvey's manages to sell a grilled salmon burger (\$4.29) at grilled-chicken-sandwich prices, we don't know. And for \$6.29, you can get your salmon with a side salad plus milk or juice.

Forget burger and fries. Anyone want to go out for salmon and salad?

Harvey's: (800) 860-4082.

### LUNCH BAIT

Remember when a brown bag lunch for kids meant a sandwich and an apple to have with a small carton of milk? Some days it was tuna or turkey; other days cheese or peanut butter and jelly.

The folks at Schneiders seem to think that kids won't eat a simple lunch like that anymore. Instead, they tempt youngsters with the junkiest selection of foods they can squeeze into a box.

Take the Lunch Mate Cheesy Chip Nachos Big Combo. It's 750 calories' worth of nachos, cheese, salsa, orange-flavoured punch, Fudg'ee-O cookies, and Wonka Nerds. Your child consumes nearly 60 per cent of a day's bad fat, 45 per cent of a day's sodium, and 13 teaspoons of sugar, yet gets virtually no fibre or calcium, and less protein (7 grams) than a glass of milk.

The Two Cheese Pizza Big Combo is no better. It comes with strawberry-flavoured punch, Oreo cookies, and a piece of Hershey chocolate. Or you can forget any pretense of feeding your child what most people would call lunch and try the Cin'amon Rolls Big Combo. Maybe the apple juice and apple strawberry snack (looks like apple-sauce) are supposed to make up for feeding kids pastry for lunch.

Can't parents convince their youngsters to eat wholesome lunches? Not if Schneiders has anything to do with it.

Schneiders: (800) 567-1890.



**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°F (180°C) for 10 minutes (or broil for 3 minutes) or until the edges are crispy.

Photos: CSPI (left), Nick Waring (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.

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