

WHOLE EVERYTHING



It's not because they're 100% whole grain. It's not because each 30-calorie cookie has about half a gram of fibre. The best reason to try **Pan Ducale Bastoncini Biscotti Crunchy Whole Wheat Biscuits with Almonds** (or the company's **Cantuccini Bio Organic** version) is much simpler: they taste great.

Whole wheat flour gives the biscotti more character—more

full-bodied flavour and texture. One bite and you'll have no desire to go back to the blander, more-homogeneous (and less-nutritious) white-flour versions.

Bonus: because the biscotti are imported from Italy—where labels must disclose the percentage of most key ingredients from heaviest to lightest—you can see from the ingredient list that the cookies are 35 per cent whole wheat flour, 25 per cent almonds (17 per cent for the organic biscotti), and somewhere between 25 and 35 per cent sugar.

Of course, Bastoncini Whole Wheat Biscotti are still, well, cookies. Even whole-grain cookies shouldn't squeeze baby carrots, cantaloupe, clementines, or other fruits and vegetables out of your snack supply.

But if you're reaching for a cookie anyway, reach right here...that is, until Christie, Dare, President's Choice, and other bakers get on the 100% whole-grain train.

Excelsior Foods: (416) 740-8500.

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.

BISTRO BUST

Stouffer's new **bistro Crustini** is "inspired by the Italian tradition of hand rolling thin layers of dough and baking in hot stone ovens until flaky and golden," explains the box. "Inspired to deposit thick layers of arterial glue in Canadian blood vessels until rigid and broken" is more like it.

Take the **Italian Five Cheese** (the worst of the four varieties). Each 128-gram crustini packs 390 calories, 880 mg of sodium, and 8 grams of sat fat (mostly from the cheese).

As if that weren't bad enough, Stouffer's adds 4 grams of trans fat (from the crustini's hydrogenated soy and cottonseed oils and margarine). That's twice the 2-gram *daily* limit that some experts set for trans, though all agree that the less trans we eat the better.

Do the crustini have any redeeming value? They've got some calcium and fibre (the company says the fibre comes from the refined flour, vegetable bits, and tomato paste). But even a slew of vitamins and minerals wouldn't neutralize the risk to your arteries. Each Ital-

ian Five Cheese Crustini is equivalent to a Harvey's Value Burger with Cheese...and that's *before* you add in its trans fat.

Stouffer's four Light Crustinis aren't quite as bad. The sodium is still high (530 to 730 mg), but at least the bad fat (3 to 4 grams) is "only" 15 to 20 per cent of a day's worth.

Still, if you want light and healthy Mediterranean cooking, bistro Crustini doesn't deliver.

Nestlé Canada: (800) 387-4636.



TIP
OF THE MONTH

For a typical Moroccan dessert, peel a fresh orange, slice it into rounds, then sprinkle with cinnamon and a touch of powdered sugar.

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