

A WHOLE LOT BETTER



It's not a huge surprise to see **Christie 100% Whole Grain Wheat Thins** on your grocery store shelves. Deserved or not, the crackers have always carried an aura of healthfulness.

But **Christie 100% Whole Grain Ritz Crackers**?

That's right. *Those* Ritz. The ones that can often be found under a mound of Cheez Whiz, or next to a bowl of salty chicken noodle soup,

or as the bookends for a peanut butter "sandwich."

Not that whole wheat flour makes 100% Whole Grain Ritz (or Wheat Thins, for that matter) perfect. Serving for serving, they still have less fibre (1 gram) than, say, **Original Triscuits** (2 grams) or **Dare's** new (mostly whole-grain) **grainsfirst Whole Grain Crackers** (2 or 3 grams).

Even so, a new whole-grain cracker with respectable sodium (200 mg), no trans fat, and only 1 gram of saturated fat per serving is cause for celebration.

So get out some hummus or thinly sliced lower-fat cheese. Or make your own dip by mashing white or black beans with garlic powder, lemon juice, chili powder (or a splash of Tabasco), and black pepper.

Now *that's* puttin on the Ritz.

Kraft Canada: (800) 668-2253

MINI LAND MINES

Looking for a little something to go with your coffee? **Tim Hortons Decadent Cakes** seem to fit the bill.

Sure, "decadent" doesn't sound like health food, but if you weren't willing to splurge a bit, you wouldn't be at a doughnut shop, would you? How bad could it be to eat a doughnut-sized cake? (Half the varieties even have "Mini" in their names.)

Let's see...if you choose the **Carrot Nut Mini Cake**, it could be 800 calories and 5 grams of sat fat bad. The **Blueberry** or **Strawberry Cheesecakes** are 660 calories and 21 grams of sat fat bad. The **English Toffee Caramel Mini**, **Triple Chocolate Mini**, **Blueberry Vanilla Cream Cheese**, and **Mini Coffee Cakes** are 450 to 600 calories and 5 to 7 grams of sat fat bad. (The Carrot Nut Mini and Triple Chocolate Mini throw in a gram or so of trans fat for good measure.)

So instead of having one of Tim's Chocolate, Maple, or Honey Dip doughnuts with your coffee, you're essentially having two or three.

When two out of three Canadians are already overweight, it's not exactly a public service to sell high-calorie, heart-damaging sweets that look like small snacks.

Our suggestion: pick up one of Tim's Low Fat Cranberry or Blueberry Muffins.

As for the Decadent Cakes, they may be diminutive, but there's nothing "mini" about them...or the skirts or shorts you'll be wearing next summer, or whatever that apparel will attempt to cover.

Tim Hortons: (888) 601-1616



TIP OF THE MONTH

Jazz up your sandwiches by lightly toasting the bread, then rubbing the inside-sandwich sides with a peeled garlic clove. The bread acts like sandpaper—as the garlic clove gets shorter, the sandwich gets richer.

About CSPI, publisher of Nutrition Action Healthletter



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