

SIMPLE SALMON



Canned salmon doesn't get the respect it deserves. It can make a terrific sandwich filler with less mercury than tuna. And it's wild, so you don't have to think about the contaminants in farm-raised fish.

Only one problem: even the tiny 55-gram serving (1/4 to 1/2 can) that's recommended by Health Canada has about 250 milligrams of sodium.

Well, **President's Choice, Clover Leaf, Ocean's, and RainCoast Trading** have made the sodium problem swim away.

Each sells a no-salt-added **canned salmon** that has only about 45 mg of sodium per serving. Their labels list only a single ingredient: salmon.

How will your taste buds take the news?

They might notice the difference if you sample a morsel right out of the tin. But if you mix in light mayo (100 mg of sodium per tablespoon, so go easy) with some fresh dill and house it all in a crusty roll with lettuce and tomato, you won't get any complaints. Salmon's rich flavour means that it may need less mayo than tuna, especially if you go for a red salmon like **President's Choice Blue Menu Wild Pacific Sockeye**.

And don't forget salmon's other claim to fame: omega-3 fats. Just 55 grams pack about 1 1/2 grams of DHA plus EPA, more than you'll find in tuna (or most other fish).

It's good news for your heart, your blood pressure, and your palate, all rolled into one tin that you can keep in the cupboard until you're fishing around for a quick, healthy lunch.

President's Choice: (888) 495-5111

About CSPI,
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HOT & HEAVY

As the weather gets chilly, **Starbucks** is doing its part to keep you toasty. But its hot beverages don't only warm your insides. They can put an extra layer of insulation around your middle...and inside your artery walls.

Take the **White Hot Chocolate**. The mix of steamed milk (Starbucks now uses 2% instead of whole when customers don't specify) with a twist of white chocolate and vanilla syrup and topped with whipped cream sounds elegant. A 490-calorie grande (16 oz.) with 13 grams of saturated fat sounds anything but.

Would you stop at McDonald's for a quick Quarter Pounder with Cheese on a cold day?

Even with skim milk and no whipped cream, the drink has 360 calories and 4 1/2 grams of sat fat (thanks to that white chocolate "twist"). And that's without a scone, muffin, or cookie that could pile on another 400 to 500 calories.

To its credit, Starbucks says that it will have eliminated all artificial trans fat from its foods by the end of the year. You can pick up fruit, vegetable-rich (but salty) salads, and even nutrition pamphlets at some outlets. And the Web site features a tall Nonfat Caramel Macchiato (140 calories), a grande Nonfat Latte (130 calories), and a tall Nonfat Caramel Latte with sugar-free syrup (90 calories).

So instead of adding one more layer of personal wrap-around cushioning with a White Hot Chocolate, why not warm up with a slimmed-down drink and an extra scarf?

Starbucks: (800) 235-2883



TIP OF THE MONTH

Make your own flavoured oil.
Combine 2 Tbs. of extra virgin olive oil with 1 clove of crushed garlic and the zest of 1 lemon or lime. Let stand for 10 minutes, then remove the garlic. Use the oil to sauté four chicken or fish fillets or half a kilo of vegetables.

Return undeliverable Canadian addresses to:

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