



FIVE-STAR BREAKFAST



Starbucks has seen the lite. In September, the coffee giant launched six breakfast items that leave the competition in the dust.

The aptly named **Perfect Oatmeal** offers 120 calories' worth of whole grain topped with 100 calories' worth of **Nut Medley** or **Dried Fruit** (or 50 calories' worth of **Brown Sugar**). You can ask to

have it made with (skim) milk instead of water or can add your own milk at the coffee bar. Mmm.

Don't like oatmeal? The irresistible **Apple Bran Muffin** supplies 7 grams of fibre from whole-grain whole wheat flour, apples, and cherries. And its 310 calories look good next to a Tim Hortons Wheat Carrot or Whole Grain Raspberry Muffin (400 calories) or a McDonald's Carrot or Fruit & Fibre Muffin (around 400 calories).

The 250-calorie **Chewy Fruit & Nut Bar** (largely oats, honey, nuts, cherries, apricots, and cranberries) and the 280-calorie **Berry Stella** (mostly oats, sugar, whole wheat flour, and berries) are both whole grain. (Only the **Multigrain Roll** has more white flour than whole grain.)

The **Power Protein Plate** (430 calories) gives you apple slices, grapes, cheddar cheese, a hard boiled egg, whole-grain pita triangles, and peanut butter.

It has more protein (19 grams) than the other new breakfasts (4 to 7 grams), but the egg yolk's cholesterol (200 mg) and the dish's saturated fat (5 grams) make it an imperfect daily order. Ditto for the Stella's 4 grams of sat fat (from its butter).

Of course, with a star-studded menu like this, why not play the field?

Starbucks: (800) 235-2883

About CSPI,
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CAKE CORRUPTION

"Moist chocolate cake laced with a ribbon of caramel and filled with chunks of Turtle and chocolate cheesecakes." That's how **Swiss Chalet** describes its **Chocolate Eruption Cheesecake**, which is "finished with caramel, sliced almonds and rich chocolate."



By the time *you're* finished with a slice of this doozy, you'll waddle out of the restaurant 820 calories heavier. With the Eruption, who needs a dessert for wimps like Swiss Chalet's Lemon Meringue Pie (400 calories) or Classic Apple Pie (440 calories)?

True, for the cheesecake's worth of calories you could have had almost anything on the menu—not just chicken but, say, a Half Rack of BBQ Ribs (630 calories), a Chargrilled Hamburger (730), or even a Chargrilled Bacon Cheeseburger (870).

But each of those items has a mere 15 to 24 grams of saturated fat, nowhere near the 31 grams (1½ days' worth) in the Chocolate Eruption. And did we mention the extra 2½ grams of trans fat, thanks to the partially hydrogenated oil or (more likely) the cheesecake's cream cheese?

Granted, some people would be happy to finish off their meal with a light dessert, like Swiss Chalet's **Frozen Yogurt**. It's as "cold, creamy and delicious" as the menu promises, and it adds only 110 calories (and 1 gram of sat fat) to your silhouette.

But the yogurt won't linger in your memory like the Eruption...say, the next time those pants feel a bit snug. 🍌

Swiss Chalet: (866) 450-2903

tip OF THE MONTH

It's not just potatoes that are made for mashing. Try baking turnips, rutabagas, pumpkin, yams, or acorn or butternut squash until soft. Then peel (or seed and scoop) and mash with a pinch of salt, a splash of milk, and freshly ground pepper.

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