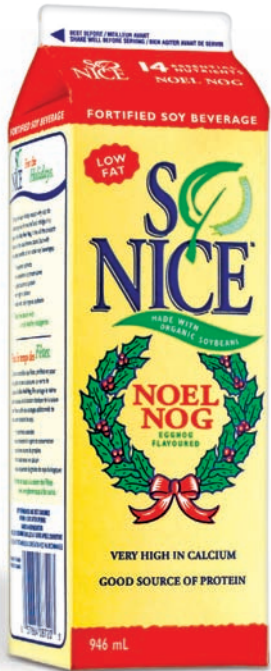


## NOG HEAVEN



Okay, so you don't drink eggnog every day. But as the holidays approach, the stuff starts showing up everywhere.

So do the calories (290), saturated fat (7 grams), and cholesterol (60 mg) in a typical eggnog. And that's for 1 cup, which some partygoers manage to dispose of before their coats.

Not a great start for people about to dig into an all-you-can-eat buffet of fatty dips, brie, quiche, tarts, chocolate-dipped strawberries, fruitcakes, and more.

Enter **So Nice Noel Nog**, a soy version that replaces the traditional extra-fatty milk or cream and egg yolks with

water, organic soybeans, and some vitamins and minerals. Gone are more than half the calories and all but 1 gram of sat fat.

Here's the kicker: Noel Nog tastes remarkably like real, old-fashioned, honest-to-gosh eggnog.

And you don't have to be a soy milk enthusiast to appreciate it. Somehow, Noel Nog tastes creamier than fat-free or light eggnog.

If you can't find So Nice, **Vitasoy Holly Nog** is worth a try.

So why not start your New Year's resolutions early, by ringing in the new without making your arteries old.

**So Nice: (888) 401-0019.**

**Vitasoy: (800) 848-2769.**

*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.

## CORONARY COTTA

**President's Choice Blueberry Peach Panna Cotta** has no pie crust, measures just 3½ inches across, and is topped with blueberries and peaches. It's clearly dessert, but surely not one of the worst.

Oops.

Each Panna Cotta supplies 400 calories, 17 grams of saturated fat, and 1 gram of trans fat. That's 90 per cent of a day's worth of bad fat in a modest, 150-gram serving—about as much as you'd get in a whole cup of half-and-half.

President's Choice's label admits that "Our traditional Italian Panna Cotta is prepared with real cream," and goes on to tell prospective customers that "panna cotta" is Italian for "cooked cream."

But it doesn't let on how bad that makes its dessert. You'd never guess that each panna is far worse than a Tim Hortons Cherry Cheese Danish or a slice of Swiss Chalet Perfect

Pecan Pie.

If you want a quick, fruity, frozen dessert, slice your own fresh or frozen berries, melons, and peaches and top with sorbet or with vanilla yogurt plus a touch of maple syrup. Or create your own parfait by alternating layers of fruit and yogurt or sorbet. Then sprinkle with granola or graham cracker crumbs.

There's more than one way to skin a cotta.

**President's Choice: (888) 495-5111.**



## TIP OF THE MONTH

**To keep a cutting board from slipping on the counter as you chop, or a bowl from sliding as you mix, dampen a paper towel and place it under the board or bowl.**

**When you finish, use the towel to wipe off the counter.**

Return undeliverable Canadian addresses to:

### **Nutrition Action Healthletter**

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