

GIVE PEAS A CHANCE



Remember when you had to peel a fresh carrot before eating it?

It seems like ages since growers started packing baby-size washed and peeled carrots in bags you could rip open whenever you felt the urge.

Now Mann's, a California company, is branching out. Its bagged **Healthy Snacks On The Go!** is a mix of

Stringless Sugar Snap Peas & Carrots that's available (in the produce section) year round.

The veggies come already washed, so you can just open the bag and start chewing. Their juicy crunch releases a delicate sweetness that will have you reaching for more.

No need to peel the carrots. No brown stem ends or stringy bits left in your mouth from the snap peas. Nothing to cut away. Just an instant burst of flavour with every bite (pods and all).

If you can resist the temptation to devour them on the spot, throw a handful into a stir-fry or salad, steam some, or use a bag or two to liven up a party platter (paired with hummus or your favourite dip—see Tip of the Month). Or toss a bag into your briefcase (or backpack, purse, or whatever) for between meals, when vending machines, Tim Hortons, or fast food beckons.

Each cup (about a third of a bag) gives you two servings of vegetables that pack 130 per cent of a day's vitamin A and 20 per cent of a day's vitamin C, plus 4 per cent of a day's iron and calcium and 2 grams of fibre.

And all for only 35 fat-free, practically sodium-free calories.

Such a deal.

Mann's: (800) 285-1002

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.

www.cspinet.org/canada

NUTRITION ACTION HEALTHLETTER ■ DECEMBER 2007

BAD BITES



Finger food is in, judging by the season and the frozen-food aisle. **President's Choice** offers a host of **Hors d'Oeuvre Collections: Cheese, Special Occasion, Oriental, and Seafood.** But one is more special than the others.

The Prez manages to squeeze more harmful fat into the Special Occasion hors d'oeuvres than any other. A serving of just two bite-sized morsels packs 150 calories and 4½ grams of saturated fat plus 1 gram of trans fat. That's more bad fat than the Cheese (4 grams) and far more than the Oriental or Seafood (1½ grams or less).

What gives the four kinds of Special Occasion hors d'oeuvres their bad fat? Butter or shortening in the pastry and cheese in the filling. If it's not Chili and Cilantro Cheese Puffs or Mushroom and Cheese Tarts, it's Ricotta and Pesto Turnovers or Spinach, Feta and Ricotta Spanakopita.

Do your guests need a bite or two of bad fat that could easily turn into three or four? ("Ooh. I haven't tried *that* one yet.")

Our advice: If you want to try one of PC's Hors d'Oeuvre Collections, lose the puffs, tarts, and turnovers and switch to the Oriental (potstickers, wontons, spring rolls) or Seafood (phyllo dough) Collection.

Better yet, offer your guests a riot of red and green peppers, carrots, sugar snap peas, and other fresh veggies with our Tip of the Month 5-minutes-flat white bean dip.

Come January, they'll thank you.

President's Choice: (888) 495-5111

TIP OF THE MONTH

For a quick, guaranteed-to-please dip, purée in a food processor: a 19 fl. oz. can of (drained and rinsed) white kidney, navy, or other white beans, 2 Tbs. extra virgin olive oil, 1 clove garlic, and a squeeze of fresh lemon juice.

Return undeliverable Canadian addresses to:

Nutrition Action Healthletter

CENTRE FOR SCIENCE IN THE PUBLIC INTEREST
P.O. Box 4252, Postal Station A
Toronto, Ontario M5W 5S4
e-mail: circ@cspinet.org

