

TAKE A TURKEY TO LUNCH



There's nothing easier than slapping two slices of deli meat between two slices of bread for lunch.

But fatty cold cuts like bologna and salami are chock full of saturated fat and salt. And even if you dodge the sat fat with turkey breast, you've still got salt (300 to 600 milligrams in a typical 55-gram serving) to worry about.

President's Choice Blue Menu Turkey

Breast means no worries. Three slices (60 grams) keep the sodium to a mere 55 mg. Maybe that's because PC adds no salt and replaces sodium lactate and sodium phosphate with potassium lactate and potassium phosphate. Potassium can stand in for sodium and give foods some zing, but unlike sodium, it's friendly to blood pressure.

Whatever President's Choice's chefs have done, it's working. Instead of that sometimes-rubbery sliced turkey texture, fat-free Blue Menu—which is sliced at the deli counter—is moist and fresh.

To jazz up your sandwich, try thin slices of red onion and bell pepper plus baby spinach leaves. Or a thin smear of chutney with a handful of arugula. Or a swipe of sun-dried tomato pesto with radish slices and leaf lettuce.

"We LOVE this turkey," wrote Cara L. from Hamilton on PC's Web site. "It tastes and has the texture of real turkey cooked in the oven."

Other companies may say they want to cut some salt, but only the Prez is talkin' turkey.

President's Choice: (888) 495-5111

About CSPI,
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CENTRE FOR
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www.cspinet.org/canada

SALT ON A WOUND

"Sweet and salty, a twist on hot chocolate." That's how the **Starbucks** Web site describes its new **Salted Caramel Hot Chocolate**, which is "topped with whipped cream, a swirl of caramel and a sprinkle of our sea salt topping..."

That Starbucks. Always looking out for our interests. Another company might stick with just one hot 500-plus-calorie beverage that delivers a day's saturated fat and sugar (its grande Signature Hot Chocolate).

Not the coffee giant. Why stop with a Big Mac's worth of bad stuff when you can add some salt to stir up our blood pressure?

Okay, that's an exaggeration. A grande (16 oz.) Salted Caramel Hot Chocolate has "only" 300 milligrams of sodium—a fraction of the Big Mac's 1,020 mg. But its 620 calories beat the Big Mac's 540, and its sat fat (19 grams) makes the Big Mac (10 grams) look like a veggie burger.

What's more, you can balloon the calories in the hot chocolate to Double Big Mac range (760) merely by uttering the word "venti" (20 oz.) when you order.

Best of all, the calories in a hot chocolate, or any other beverage, won't curb your appetite like the calories in a Big Mac would. So an hour or two later, you can dig into a snack or sandwich—or an entire meal—as if the hot chocolate had never happened.

Of course, some parts of you will remember...say, the fat-infused walls of your arteries and the place where your waist used to be. 🍷

Starbucks: (800) 235-2883



tip OF THE MONTH

Toss the florets from a head of cauliflower with about 2 Tbs. of extra-virgin olive oil and (no more than) ½ tsp. of salt. Roast at 450°F on a large baking sheet, turning once or twice, until tender and golden, about 30 minutes.

Return undeliverable Canadian addresses to:

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