



COOL SLAW

Coleslaw is a classic. It goes with just about anything that comes off the barbecue. The mix of cool, crunchy, and creamy is the perfect foil for something hot and smoky.

But coleslaw, which comes from the Dutch word “koolsla” (cabbage salad), doesn’t need all that kool. Just ask salad-in-a-bag makers like **President’s**

Choice or Mann’s.

The broccoli stalks that go into **Broccoli Slaw** (Mann’s calls it **Broccoli Cole Slaw**) aren’t quite as nutrient-packed as the florets, but they’re an excellent source of vitamins A and C, folate, potassium, and fibre, all for just 25 calories in each quarter-bag (1-cup) serving.

Preparing broccoli slaw couldn’t be easier: dump into a bowl and pick a dressing. Half a cup of almost any ranch, poppy seed, or slaw dressing by Renee’s Gourmet or Annie’s should be enough for the whole bag.

Or make your own. For a classic flavour, mix 1/3 cup mayo, 1 Tbs. mustard, 1 Tbs. cider vinegar, and 1/2 tsp. celery seed. Or try 1/4 cup mayo, 1 Tbs. reduced-sodium teriyaki sauce, and 1 Tbs. cider vinegar for an Asian twist.

Or forget about coleslaw clones altogether. Stir-fry the slaw in 1 Tbs. peanut oil in a very hot skillet until well browned. Remove the slaw and stir-fry some cubes of extra-firm tofu or chicken in 1 Tbs. peanut oil until lightly browned. Stir in 3 Tbs. of your favourite lower-sodium teriyaki or stir-fry sauce. Return the slaw to the pan and serve with brown rice.

It’s veggie easy.

President’s Choice: (888) 495-5111

330 MAGNUM

Magnum is the world’s top-selling ice cream bar. But until early May, it wasn’t available in Canada.

Consumer-products giant Unilever (which also owns Ben & Jerry’s, Breyers, Good Humor, Klondike, and Popsicle) is pulling out the big guns—starting with an appearance by Ivanka Trump and a \$250,000 contest to find “The Magnum Heir” (whatever that is).

“The Magnum experience is now in Canada,” says the bar’s Web site. Just in time. Because Canadians could really use a new line of six premium ice cream bars whose chocolate coating is “so incredibly thick it cracks when you bite.”

Take the **Magnum Double Caramel**, which manages to affix 330 calories and 15 grams of saturated fat to a stick. How? By covering vanilla bean ice cream with a “chocolatey coating” (mostly coconut oil and sugar) and a caramel sauce (mostly water, sugar, skim milk powder, and coconut oil), before coating the bar with a thick Belgian milk chocolate shell.

Unilever isn’t trying to steal customers away from other premium brands like Häagen-Dazs, the company told *The Wall Street Journal*. Magnum’s entry into North America should “at least double the size of the market for super-premium ice cream novelties,” noted a company spokesperson.

If Magnum bars take off here, the market won’t be the only thing whose size you can expect to double.

Unilever: (800) 634-7532



dish OF THE MONTH

60-Second Salad Dressing

Whisk 2 Tbs. regular mayonnaise with 1 tsp. balsamic vinegar, 1 Tbs. orange juice, and 1/8 tsp. salt. Toss with 8 cups of salad greens and top with 2 cups of chopped vegetables—try bell pepper, carrot, celery, cucumber, tomato, and avocado.

About CSPI,
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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.

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

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