

We Name Names!

1 Dairy Queen Chocolate Covered Strawberry Waffle Bowl Sundae.

Remember when people used to go out for a Dairy Queen Cone for a treat? It may have set you back 300 calories, but it was a splurge. Now DQ serves its vanilla soft-serve ice cream “nestled in a freshly baked chocolate-enrobed waffle bowl” covered with chocolate and strawberry topping plus whipped cream. Say hello to 780 calories, 29 grams of saturated fat, and 2 ½ grams of trans fat. Think of it as a small (8-ounce) Prime Rib from The Keg with sugar sprinkled on top.

2 Tim Hortons Hot Breakfast Sandwiches.

When *Nutrition Action* researched Tim Hortons' new line of Hot Breakfast Sandwiches (egg, cheese, and bacon or sausage, in a biscuit), we found that if you go with the bacon, you'll polish off 410 calories and 14 grams of saturated fat in just a few bites. Make it sausage instead of bacon and you'll swallow 510 calories and 18 grams of saturated fat (a day's worth).

3 Pillsbury Grands! Flaky Supreme Cinnamon Roll.

No one thinks of cinnamon rolls as health food. But each Pillsbury Grands! Flaky Supreme Cinnamon Roll with Icing has 380 calories and 5 grams of saturated fat, about what you'd get in a McDonald's Bacon Cheeseburger (with 5 teaspoons of sugar sprinkled on top). Plus there's a bonus for your hard-working arteries: 6 grams of trans fat, the worst kind you can eat. A quarter of a day's saturated fat plus 6 grams of trans fat in each roll? Some experts initially advised the public to get no more than 2 grams of trans fat in an entire day, then decided that even that was too much. Apparently not for the Pillsbury Bypassboy.

4 Weight Watchers chocolate candies.

Who needs the fruits and vegetables that the Weight Watchers program recommends when you can snack on their English Toffee Squares, Pecan Crowns, Mint Patties, or Coconut? But the candies are ordinary chocolates that simply replace some of their sugar with sucralose (an artificial sweetener) and maltitol and/or sorbitol (which can cause diarrhea if you eat too much of them). Each serving – just 3 pieces – still has about 150 calories and 5 to 7 grams of saturated fat.

5 McDonald's Milkshakes.

McDonald's Triple Thick Milkshakes look like ordinary shakes. You'd never guess that a large averages 1,130 calories and 17 grams of saturated fat. H-e-l-l-o? That's about the heart-slamming fat of two Quarter Pounders ... and nearly the calories of three. Since when does a beverage supply half-a-day's calories and close-to-a-day's worth of artery-clogging fat?

6 Starbucks Venti White Chocolate Mocha.

The Starbucks Venti (20 oz.) White Chocolate Mocha with 2% milk and whipped cream is more than a mere cup of coffee. Think of it as a McDonald's Quarter Pounder with Cheese in a cup. Few people have room in their diets for the 580 calories and 15 grams of saturated fat that this hefty beverage supplies. But you can lose almost two-thirds of the fat and 130 calories if you order it with skim milk and no whipped cream.

7 Campbell's regular Condensed soups.

Those familiar foods are brimming with salt. Half a can averages more than half of a person's daily limit of salt. For less sodium, try Campbell's Healthy Request, V8, or Créations soups, as well as President's Choice Blue Menu soups. Or check out some terrific-tasting, healthy soups from Imagine Organic.

8 SunnyD.

This fruit-flavoured beverage is a non-carbonated soft drink spiked with a couple of cheap vitamins (B-1 and C). Shoppers are led to think this is pure fruit juice, but each cup contains only a few tablespoons of real juice. Don't be cheated: Go for 100% orange juice instead. It's got the vitamins, minerals, and phytochemicals — which may cut the risk of cancer — that SunnyD is missing.

9 Wendy's Southwest Taco Salad.

Not all salad is good salad. This one, topped with chili, cheese, tomatoes, sour cream, Ancho Chipotle ranch dressing, and seasoned tortilla strips, packs 670 calories, 18 grams of saturated fat and 1½ grams of trans fat, and 1,640 milligrams of sodium. That's about what you'd get in Wendy's ½ lb. Double with Cheese, which piles two quarter-pound patties on one bun.

10 Stouffer's Macaroni & Cheese

To many people, macaroni and cheese feels home-cooked, even if the cook is Stouffer's. But the warm fuzzies start to evaporate as you read the fine print. Each single-serve package (340 grams) holds 520 calories and provides half-a-day's saturated fat (10 grams) and more than half-a-day's limit of sodium (1,210 mg) ... all poised to fan out to your waistline and arteries.

Far better alternatives are available to you. Turn the page for some healthier choices!

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DISCOVER
MORE FOOD
SECRETS!

10 SUPER FOODS You *SHOULD* EAT

1 Sweet Potatoes.

A nutritional All-Star – one of the best vegetables you can eat. They're loaded with vitamin A, carotenoids, vitamin C, potassium, and fibre. Bake and then mix in some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.



2 Grape Tomatoes.

They're sweeter and firmer than other tomatoes, and their bite-size shape makes them perfect for snacking, dipping, or salads. They're also packed with vitamin C and vitamin A, and you also get some fibre, phytochemicals, and great flavour.



3 Skim or 1% Milk (but not 2%, which is not low-fat).

An excellent source of calcium, vitamins, and protein, with little or no artery-clogging fat and cholesterol. Likewise for low-fat yogurt. Soy milk can be just as nutritious — if it's been fortified.



4 Broccoli.

It has lots of vitamin C, carotenoids, and folic acid. Steam it just enough so that it's still firm, then add a sprinkle of red pepper flakes and a spritz of lemon juice.



5 Wild Salmon.

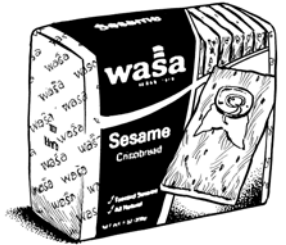
The omega-3 fats in fatty fish like salmon can help reduce the risk of sudden-death heart attacks. And wild-caught salmon has less PCB contaminants



than farmed salmon.

6 Crispbreads.

Whole-grain rye crackers, like Wasa, Finn Crisp, and Ryvita – usually called crispbreads – are loaded with fibre and are often fat-free. Drizzle with a little honey and sprinkle with cinnamon to satisfy your sweet tooth.



7 Butternut Squash.

Buy peeled, sliced butternut squash at the grocery store that's ready to go into the oven, a stir-fry, or a soup. It's an easy way to get payloads of Vitamins A, C, and fibre.



8 Citrus Fruits.

Great-tasting and rich in vitamin C, folic acid, and fibre. Perfect for a snack or dessert. Try different varieties: juicy Minneola oranges, sweet Clementines, or tart pink grapefruit.



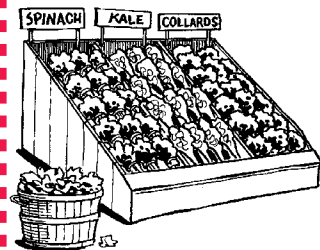
9 Beans.

Inexpensive, low in fat, and rich in protein, iron, folic acid, and fibre. Choose garbanzo, pinto, black, navy, kidney, or lentils. Eat them as a side dish or snack, in a tortilla with salsa, or in a soup. Spice'em up with a dash of chili powder or cayenne pepper.



10 Spinach and Kale.

These standout leafy greens are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, iron, lutein, and phytochemicals. Season with a spritz of lemon juice or vinegar.



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