



GOING GREEK



Liberté is shaking up the dairy case with its **0% M.F. Fat Greek Yogurt**.

For centuries, the Greeks have strained their yogurt to remove extra liquid (whey). That gives each 175-gram serving of Greek yogurt roughly twice as much protein (20 grams) as ordinary yogurt.

Since a little calcium gets tossed out with the whey, plain Greek yogurt has slightly less (15 per cent of a day's worth) than plain ordinary yogurt (20 per cent).

But the key difference is taste. Greek yogurt is thicker and *much* more creamy. One spoonful and you'll check the label to see if it's really fat-free (yup), and if it really has just 110 calories per serving (if it's plain, it does).

What to do with Liberté Greek yogurt?

If you can resist spooning it right out of the tub and into your mouth, try topping a bowlful with a handful of berries. Or drizzle on a bit of honey, add some cubed mango or papaya, and sprinkle with sesame seeds.

Feeling more adventuresome? Use it instead of milk with your breakfast cereal. Or mix some with plenty of chopped herbs like dill, parsley, chervil, and chives and spoon it over grilled or broiled fish.

Or stir a few tablespoons into a lentil or black bean soup to add a tangy, creamy overtone. Or mix some with thyme, oregano, and chopped garlic and use it as a 30-minute marinade for chicken breasts before broiling or grilling.

Any way to eat it, Greek yogurt is food fit for the gods.

Liberté: (450) 926-5222

CHOCOLITTLE CREAMERLAT

"Indulge your senses with the intensely dark chocolate experience of Nestlé Noir hot chocolate," murmurs the box of **Nestlé Noir Chocolat Noir Dark Hot Chocolate Mix**. "Made with the finest cocoas from around the world... irresistibly blended to perfection."

Oh my. Odds are, your senses can hardly wait to rip open the sachet and "add 170 mL of hot water for a purely dark hot chocolate experience." That is, unless one of your senses checks the ingredient list.

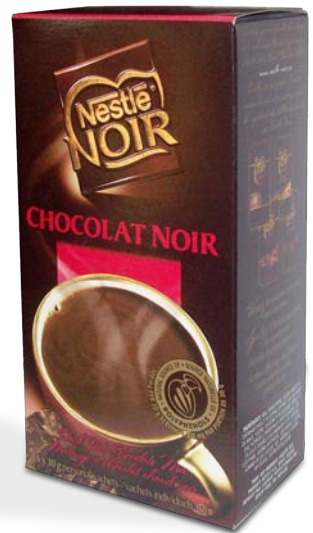
Apparently, the purely dark hot chocolate experience consists largely of maltodextrin (a carbohydrate that's halfway between starch and sugar), sugar, and creamer. That's the mix of coconut oil, corn syrup solids, sugar, and artificial flavour that people add to coffee instead of real milk or cream. After creamer comes cocoa, cellulose gum, salt, flavourings, and silicone dioxide. Only the finest!

Each 2/3 cup supplies 140 calories, two teaspoons of sugar (8 grams), and 4 1/2 grams of saturated fat. Talk about irresistible.

Bonus: you also get 300 mg of polyphenols, which "help maintain a healthy circulatory system," according to the label. Even if chocolate's polyphenols turn out to protect the heart (a big "if"), you'd be better off getting them from dark chocolate than from a cup of sugar-and-creamer.

If you "*desire* an extra creamy indulgence...add milk," says Nestlé. Our suggestion: make your own hot chocolate out of Fry's cocoa, warm 1% milk, and Splenda or sugar. Noir shmoir.

Nestlé: (800) 387-4636



dish
OF THE MONTH

Fill a baking dish with a medley of vegetables (try chunks of cauliflower and onion and whole Brussels sprouts).
Drizzle with a few tablespoons of extra-virgin olive oil and roast at 450°F, stirring frequently, until very well browned.

Photos: Liberté (left), Namita Davis (right).

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.

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