

## KOOL KIWI



What fruit has the vitamin C of an orange, the potassium of half a banana, and the fibre of a half-cup of bran flakes?

That's right. The Chinese gooseberry.

Of course, that's not what we call it. The fruit, which is native to China, was introduced into New Zealand in the

early 1900s. In the 1940s it was

renamed after that country's national symbol—the plump, flightless kiwi bird.

Slice through the fuzzy brown skin of an egg-sized, 70-calorie **kiwi fruit** to reveal the rich green flesh with tiny, edible black seeds. (New Zealand's producers also market a sweeter, yellow-fleshed, "gold" kiwi fruit with a thinner, less-fuzzy skin under the Zespri brand.)

Cut up a couple with orange segments, mango slices, and pomegranate seeds. Or make a salad with slices of kiwi, cucumber, avocado, celery, and shredded cooked chicken with buttermilk dressing. Or check out [www.zesprikiwi.com/recipes.htm](http://www.zesprikiwi.com/recipes.htm), where you can find everything from Kiwi Pear Smoothies and Kiwifruit Granita to Wild Greens with Kiwi Vinaigrette and Pan-seared Salmon with Kiwifruit Salsa. Or do like we do: eat them plain.

And keep your eye out for (relatively rare) **kiwi berries**. The fuzzless, ultra-sweet, grape-size kiwis make great lunch bag stuffers and mouth poppers.

And with this treat, you *can* pop 'til you drop.

[www.zesprikiwi.com](http://www.zesprikiwi.com)

**About CSPI,**  
publisher of  
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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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## RISING CRUD

A quick look at the numbers on **Kraft Delissio Express Deluxe Rising Crust Pizza** won't scare off too many shoppers. With 380 calories, 6 grams of saturated fat, 1½ grams of trans fat, and 750 milligrams of sodium, Delissio Express looks about average for frozen pizza.

In fact, you might be tempted to pop a Deluxe Rising Crust in the microwave for five to six minutes (that's the "express" part) and gobble down the whole thing. (The pizza is just seven inches in diameter and weighs just a pepperoni over 300 grams, after all.)

The problem: the numbers on the Nutrition Facts panel are for just *half* the pizza.

Multiply by 2 and rising along with the crust will be your waist size (760 calories), heart attack risk (12 grams of saturated fat and 3 grams of trans fat), and blood pressure (1,500 milligrams of sodium). That's

what happens when you top white-flour crust with cheese, tomato

paste, and processed meat.

Kraft shows similar serving-size creativity with its **Delissio Express Pepperoni Rising Crust**, its **Harvest Wheat Rising Crust**, and its **Thin Crispy Crust** frozen pizzas.

"It's the same fresh-baked Delissio taste you love," but ready in just minutes, says the company's Web site.

Just what Canadians need...a quicker way to transfer crust from pizza to arteries.

**Kraft Canada: (800) 567-5723**



## TIP

OF THE MONTH

### Spicy Butternut Squash

**Whisk together 2 Tbs. canola oil, 1 tsp. chili powder, ¼ tsp. salt, 1 Tbs. honey, and 2 tsp. hot water. Peel, cut in half, seed, and slice a medium butternut squash into ½" pieces. Toss with the dressing. Roast on a baking sheet at 450°F (230°C) until very tender, about 30 minutes.**

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### Nutrition Action Healthletter

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