



FINNTASTIC



Finn Crisp Plus 5 Wholegrains thin crispbread "combines healthy 100% wholegrain with delicious taste of 5 grains (rye, wheat, oat, barley and millet) for even tastier and healthier crunch," says the package.

They sure got that right. If you're a fan of Finn Crisp's Traditional Rye Crispbreads, with their authentic rye taste and wafer-thin

crunch, you may have wondered when the company would get around to working its magic on other grains. That would be now.

Since the crisps are imported from Finland, the label reveals how much of each major ingredient you're getting. (Wouldn't that be handy to have on Canadian labels?) The crackers are mostly rye flour (65 per cent), followed by oat flour and oat flakes (8 per cent), barley flour and wheat flour (4 per cent each), and millet (1.7 per cent).

Together, they deliver five grams of fibre for the four-crispbread (30-gram) serving. And those grams are intact fibre, not the isolated kind (like inulin, oat fibre, wheat fibre, or polydextrose) that bakers use to make impressive (though misleading) fibre claims. It's the real deal.

Bonus: four crispbreads have just 120 calories and 150 milligrams of sodium, so they won't stick to your rib padding...or pressure your arteries.

The new 5 Wholegrains crispbreads also come in a traditional (thicker) style with a heartier flavour. Neither is widely available yet, so if you don't see them, ask your grocery store to lay in a supply.

Try them with a dollop of hummus or a thin slice of Brie, or enjoy them sans topping.

Finn is in.

Elco Fine Foods: (905) 474-2400

ARTERY CRUST

When was the last time you made your own pie crust? We thought so. That's what makes Keebler Graham, Chocolate, and Shortbread Ready Crusts so appealing. You can bake any of them for five minutes...or use them with no baking at all. Talk about convenience.



That is, unless you factor in the inconvenience of a clogged artery or two somewhere down the road. All those doctors appointments and trips to the pharmacy can be such a hassle. And then there's the possibility of extremely inconvenient surgery. What a time-killer.

Of course, pie crusts are rarely good for you. Their flour is all or mostly refined, and they need a solid fat to create a light, non-greasy texture. But Keebler uses the worst solid fat—partially hydrogenated oil. The company manages to squeeze 1½ or 2 grams of trans fat into each 21-gram serving (1/8 of a crust). With it comes 1 gram of saturated fat.

You'd be better off with lard. That's what Tenderflake uses in its Pie Shells, which have 2½ grams of sat fat and no trans per serving. (On the other hand, Tenderflake Deep Dish Pie Shells made with All Vegetable Shortening are as bad as Keebler's.)

If you're in Ontario or Quebec, try Metro's Selection Graham Pie Crust. It's made with palm, soy, and possibly other oils and has 2 grams of sat fat (in a 28-gram serving). It's not healthy, but it's not a ticket to the Cardiac Care Unit either. If you live elsewhere, look for a trans-free regional brand.

Granted, you'd probably need more than an occasional slice of pie in the Keebler crust to end up in the CCU. But who wants to find out how much more?

Keebler: (905) 290-5279

dish OF THE MONTH Quick Quesadillas Toss together 1 cup of black beans, 1 cup of corn kernels, 1/2 cup of reduced-fat shredded cheese, and 1/2 cup of jarred salsa. Spoon the filling onto 4 whole-grain whole wheat tortillas, fold in half, and sauté each in a non-stick pan in 1 tsp. of canola oil.

Photos: Neera Chaudhary (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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