



YOU'VE GOT KALE



All vegetables are good (except maybe white potatoes). But some are more nutrient-packed than others. Spinach, collard greens, sweet potatoes, and Swiss chard beat just about everything else. And **kale** edges *them* out.

Two-thirds of a cup of cooked kale is loaded with vitamin K (580 per cent of a day's worth), vitamin C (40 per cent), and vitamin A (65 per cent). It'll also give you a

little calcium (5 per cent) and iron (4 per cent). And, like other dark leafy greens, it's brimming with lutein, which may lower the risk of cataracts and degeneration of the macula (the centre of the retina).

Bonus: each 2/3 cup of cooked kale has 2 grams of fibre. And you get the whole package for just 25 calories. At that rate, you could easily double your serving...and all those vitamins.

Best of all, kale is at its peak in the dead of winter, when fruit and vegetable bins aren't exactly overflowing. The problem: many people don't know how to cook the stuff. Until now, that is.

Just remove and discard the stems and tough centre ribs, tear or chop the leaves into pieces, wash them thoroughly, and steam until tender and bright green, about 10 minutes. Then dress with your favourite sesame or balsamic vinaigrette. Or sauté the leaves in extra-virgin olive oil with plenty of minced onion and finish with a squeeze of lemon juice and a sprinkle of salt.

Or simmer your kale in low-sodium vegetable or chicken stock with diced fresh tomatoes, drained and rinsed canned white beans, and chopped garlic that you've sautéed in extra-virgin olive oil. Serve with freshly grated Parmesan.

Shopping tip: Look for dark green bunches with small-to-medium-size leaves. *Storage tip:* Your kale will keep for 3 to 5 days in a plastic bag in the coldest part of the fridge.

BELLYBOWL

"PASTA SO GOOD, YOU'LL DEVOUR THE BOWL," crows the takeout box. The subject of all that pride: **Domino's** four new **BreadBowl Pastas**.



You gotta give the fast-food pizza chain credit. It's not easy to come up with novel combinations of salted white-flour carbs (that would be the bread bowl) surrounding a hefty serving of white-flour carbs (that would be the pasta) topped with fatty, salty, sauced-up protein (that would be the **Chicken Alfredo**, **Chicken Carbonara** with bacon and Alfredo sauce, **Italian Sauce Marinara** with Provolone cheese, or the cheese in the **Three Cheese Mac-N-Cheese**).

Domino's Web site gives calories, sodium, and other numbers for just half a BreadBowl. So why is no one sharing their BreadBowl in the company's ads? And why doesn't the coupon on the Web site offer more than two cans of pop with two BreadBowls?

If you devour an entire BreadBowl, your bottom (and belly and hips) will take notice. After all, you can't expect 1,400 to 1,480 calories to slip by your famished fat cells. And your arteries will long remember the BreadBowl's more than full day's worth of saturated fat (22 to 28 grams) and sodium (2,140 to 2,840 milligrams).

But will your brain notice that you just ate the equivalent of an entire Domino's medium (12-inch) hand-tossed cheese pizza?

"TEAR IT, SHARE IT, RIP IT, DIP IT," says the takeout box.

If you're smart, you'll IGNORE IT!

Domino's Pizza: (866) 903-1151

dish
OF THE MONTH

Toss 1 can of white beans and 1 can of no-salt-added tuna with 1/2 cup of vinaigrette. (To make your own, shake 5 Tbs. extra-virgin olive oil with 2 Tbs. red wine vinegar, 1 tsp. Dijon mustard, 1/2 tsp. honey, and 1/8 tsp. salt.) Serve over 8 cups of salad greens.

Photos: ©chiyacat/fotolia.com (left), CSPI (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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