The Center for Science in the Public Interest (CSPI), founded in 1971, is an independent nonprofit consumer health group. CSPI advocates honest food labeling 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, first published in 1974, accepts no advertising.

**NO CAN DO**

There’s nothing like a ripe, juicy, summer tomato to make the best salsa, brighten up your favorite sandwich, or toss into a fresh green salad.

But when tomatoes aren’t at their best, you’re better off getting your tomato fix from canned.

The question is: how can you dodge the sodium (250 to 400 milligrams in half a cup) in Del Monte, Hunt’s, and most other companies’ regular canned tomatoes?

And how do you dodge the BPA (bisphenol A), a building block of plastic that’s in most can liners? (In some animal studies, BPA seemed to alter behaviors that are influenced by hormones. And some—but not all—animal studies suggest that BPA may increase the risk of cancer, diabetes, and heart disease.)

Del Monte, Eden, Hunt’s, Muir Glen, and Whole Foods 365 sell No Salt Added tomatoes. But they all come in cans.

The answer to both questions: a carton of Pomi Chopped Tomatoes.

Pomi’s 10 mg of sodium per half-cup serving won’t harm your blood pressure. There’s no BPA to worry about. And each serving delivers 15 percent of a day’s vitamin A, 25 percent of a day’s vitamin C, plus a nice shot of lycopene, a carotenoid that may protect the prostate.

Will you miss the missing sodium? Not if you add Pomi to a chickpea curry, black bean chili, chicken cacciatora, or other well-seasoned dish. Or try it in an arrabbiata, puttanesca, or other robust pasta sauce, or a ratatouille, cassoulet, or lentil or minestrone soup.

Delizioso!

Pomi: www.pomionline.it

**ILLSBURY**

If you’ve ever used store-bought frosting, you know how much trouble it is.

First, you have to take the lid off the tub. Then you have to scoop out the frosting. Whee! You pretty much need to rest after every minute or two of effort.

No more. With Pillsbury’s new Easy Frost No-Fuss Frosting, all you have to do is remove the lid from the elegant aerosol can, turn the can upside down, and press the nozzle.

In a couple of seconds your cakes and cupcakes are covered with sugar, partially hydrogenated soybean and cottonseed oils, water, corn syrup, corn starch, and a few other ingredients (like artificial colors and flavors) that make them taste like Velvety Cream Cheese or Vanilla Dream or Decadent Chocolate Fudge.

The frosting is “also great for use on cookies, brownies, or graham crackers!” says Pillsbury. But that’s just the start. Imagine being able to add more sugar and damaging fat to your doughnuts, muffins, Twinkies, Ho Hos, Ring Dings, or Sno Balls. Or you can dispense with the intermediaries and pump the stuff directly into your mouth.

The serving on the label—just two flat tablespoons—supplies 140 to 150 calories, 4½ to 5½ teaspoons of sugar, 1½ grams of saturated fat, and (get ready) 2 grams of trans fat. Two grams of trans may sound small, but it’s more than you should eat in an entire day.

Companies are tripping over each other to take trans fat out of their foods, and the suits at Pillsbury launch a new item with trans?

Looks like the doughboy’s out of control.

Pillsbury: (800) 767-4466