YOU’VE GOT MEAL!

What’s for breakfast? Sometimes that’s a split-second decision that means no prep time, no stop-at-Starbucks time, and maybe even no open-the-fridge time.

That’s when you should consider Quaker 100% Whole Grain Oats Packets. They’re ready in one minute. Just open the packet, add hot water, stir, and eat.

It’s no quicker than One Minute Oats or Quick Quaker Oats (in the familiar cylinder). But the packets come in handy if you’re not in a kitchen.

And it’s no handier than packets of Quaker Instant Oatmeal. But even unflavoured regular instant comes with added salt (about 200 milligrams per serving). And most flavours (like Peaches & Cream or Maple & Brown Sugar) have two or three teaspoons of added sugars.

Not 100% Whole Grain Oats Packets. They’ve got oats and nothing but oats. That leaves room for 3 grams of fibre (2 of them the cholesterol-lowering kind) in each 120-calorie packet. Sweetened instants have less fibre because sugar displaces some oats.

To zip up your Oats Packets, add any fruit or nuts you have around. Try fresh berries or sliced bananas, apples, or peaches. Raisins or dried cranberries also work great, either alone or with toasted slivered almonds or sunflower seeds.

Oatmeal is hot. It’s on the menu at Starbucks, McDonald’s, and Second Cup, making breakfasts like doughnuts, scones, and Egg McMuffins look like junk.

Time was, people stirred a pot of oatmeal over a fire. Now you can eat it at your laptop: oatmeal with a dash of e-mail.

Quaker: (800) 267-6287

SKIN LOADERS

“Crispy potato skins smothered in Cheddar cheese, real bacon bits, and green onion.” That’s how Montana’s menu describes its new Loaded Potato Skins. “Oven-baked until golden brown and served with sour cream.”

Loaded potato skins are showing up on Kelsey’s and other restaurants’ menus as well. Now there’s an appetizer to whet your appetite.

Montana’s Potato Skins provide a cool 990 calories to start your dinner, so if you split them with a friend, you can each count on nearly 500 calories for your own fat pads. And not just any calories.

The cheese, sour cream, and bacon supply 26 grams of saturated fat, so you and your dining companion will each use up two-thirds of your day’s limit. Bonus: half of the appetizer’s 1,090 milligrams of sodium works out to a third of your daily salt max. And you haven’t even touched your entree yet.

Of course, Montana’s other appetizers aren’t exactly light. From BBQ Beef Sliders, Garlic Cheese Bread, and Spiced Chicken Quesadillas (about 850 calories each) to Ultimate Beef Nachos (2,400+ calories), you get a bellyful of meat, cheese, and refined carbs before the waiter shows up with your ribs, steak, burger, wings, or whatever.

And don’t forget sides like fries, baked potatoes, garlic mashed potatoes with gravy, and the ever-popular Twice-baked Potato Smashers.

What a bellyful of fun…and a full belly, period!

It’s not just the taters’ skin that gets loaded.

Montana’s: (877) 439-1155

About CSPI, publisher of Nutrition Action Healthletter

The Centre for Science in the Public Interest (CSPI), founded in 1971, is an independent nonprofit 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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Nutrition Action Healthletter
CENTRE FOR SCIENCE IN THE PUBLIC INTEREST
P.O. Box 4252, Postal Station A
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e-mail: circ@cspinet.org

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