



### 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 instant has 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**



## dish OF THE MONTH

### The Best Bulgur

**Toss 3 cups of cooked, cooled bulgur with 1 cup each of chopped cherry tomatoes, cucumber, and green pepper, 1/2 cup of crumbled feta cheese, and 1/4 cup of diced red onion. Dress with 3 Tbs. of extra-virgin olive oil, 2 Tbs. of lemon juice, and black pepper.**

Return undeliverable Canadian addresses to:

### Nutrition Action Healthletter

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**About CSPI,**  
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**Nutrition Action**  
**Healthletter**



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Photos: Namita Davis.