GOOD GREEK!

Greek yogurt is taking Canada by storm. “Canadians are clawing Greek yogurt off grocery store shelves,” announced Toronto Life magazine last July. “Sobeys and Loblaws have both reported occasional shortages.”

The biggest player: Danone Oikos. And the variety to buy: 0% Fat Free Plain. Each 175-gram serving has just 100 calories, but 18 grams of protein. That’s more than double the protein you’d get in ordinary plain yogurt. You’d be hard-pressed to find a food—other than meat, fish, or poultry—that has so much protein for so few calories. Bonus: a serving of Greek yogurt comes with 20 per cent of a day’s calcium and, we estimate, 6 per cent of a day’s potassium.

And did we mention creamy? Greek yogurt is so thick and rich, it can stand in for a dollop of sour cream in soups, sauces, and dips and on baked potatoes.

Oikos isn’t alone. Liberté has had a 0% Plain Greek yogurt since 2009. Now so do Astro, President’s Choice, and Skotidakis.

What’s wrong with sweetened or fruit flavours? It’s not just the two or three teaspoons of added sugar. It’s that the sugar displaces yogurt, so the protein and calcium drop, while the calories rise (to about 160 in a 175-gram serving).

If you want sweet, stir in some banana or fresh or frozen berries or peaches. If not, top with toasted almond slivers. Then get ready to go out and claw some more.

Parmalat (Astro): (800) 563-1515
Danone (Oikos): (800) 326-6638
Liberté: (888) 340-9306
President’s Choice: (888) 495-5111
Skotidakis: (613) 674-3183

DINE IN TROUBLE

“Tender pasta layered with slow-cooked seasoned certified angus beef in a fire-roasted tomato sauce, a layer of mascarpone, ricotta and Parmesan cheeses, topped with a blend of three cheeses and béchamel sauce.”

President’s Choice sure makes its Dine-In Tonight Pulled Certified Angus Beef Meat Lasagna sound special.

And it is. No other PC lasagna does more to beef up your belly and artery-wall sludge. We’re talking 620 calories, a day’s worth of saturated fat (21 grams), and half a day’s sodium limit (790 milligrams) per 360-gram serving (half a box, about 1½ cups). And there’s enough beef and cheese fat to add 1½ grams of trans fat. (The trans is naturally occurring, but it’s no less harmful than the artificial kind.)

Other Dine-In lasagnas look better only because they use a smaller serving (252 grams, or 1 cup). But cup for cup, the Dine-In Meat Lasagna Topped with Creamy Béchamel Sauce and the Creamy Mascarpone, Ricotta, Butternut Squash and Spinach Lasagna are in the Angus’s ballpark. Only the Meat Lasagna with Fire-Roasted Tomato Sauce is lower in calories (510) and sat fat (13 grams). And that’s for the larger (360-gram) serving.

But why bother with any Dine-In?

The Prez’s Blue Menu Roasted Vegetable Lasagna has just 330 calories and 4 grams of sat fat in a 360-gram serving. And its roasted red and yellow peppers, eggplant, and zucchini will knock your socks off.

Dine-In? Spread-Out is more like it.

President’s Choice: (888) 495-5111

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 and safer and more nutritious foods. 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 United States since 1974 and in Canada since 1996, accepts no advertising.

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