



BUTTER UP!



AB&J? Don't laugh. Why limit yourself to peanut butter, when other nut butters are there for the tasting?

Take **PC Blue Menu Just Almonds Almond Butter**.

The ingredient list? Dry-roasted almonds. That's it. You won't even find the few grams of added sugars or partially hydrogenated or palm oils that are added to some nut butters. (Without added oils, the almond butter's oil may separate, so you'll have to stir it before using. But it's worth the 15 seconds.)

The rich, intense flavour of roasted almonds doesn't even need salt to rouse your taste buds. So you skip the sodium that's in most other almond butters (typically 60 or 70 milligrams in every two-tablespoon serving) or peanut butters (about 150 mg). Tip: Many grocery stores now carry unsalted brands of peanut butter.

Almond butter is a good source of vitamin E (70 per cent of the Daily Value in two tablespoons), calcium (8 per cent), and protein (12 per cent). And PC Blue Menu Just Almonds has just 1 gram of saturated fat because nearly all of its fat is unsaturated—the kind that lowers cholesterol.

It may not be as cheap as your typical peanut butter. And, like PB, two level tablespoons pack roughly 200 calories, so you'll need to spread a thin layer—not a thick smear—on your toast instead of butter or margarine.

Try a little on a sandwich with sliced bananas. Or use some as a dip for sliced apples or pears. Or stir a bit into a bowl of oatmeal or other hot cereal. Or mix a little into a balsamic vinaigrette for a quick sauce for steamed veggies.

Ahhh...mond.

President's Choice: (888) 495-5111

About CSPI,
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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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dish

OF THE MONTH

Creamy Cilantro Sauce

Pulse 1 bunch of cilantro, the juice of 1 lime, ¼ cup of reduced-fat sour cream, and ¼ tsp. of salt in a food processor just until smooth. Spoon over 1½ pounds (700 grams) of grilled or sautéed boneless, skinless chicken breast or grilled fish.

Return undeliverable Canadian addresses to:

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DINE IN, BULGE OUT

"Enjoy a fine dining experience at home in minutes with this delectable girasoli (sunflower-shaped stuffed pasta)," croons the label on **President's Choice Dine-In Tonight Fire-Roasted Tomato and Goat Cheese Girasoli**.

"For the finishing gourmet touch, top your girasoli with any of our PC Dine-In Tonight Sauces."

How thoughtful of PC to supply restaurant-like stuffed pastas and soufflés that we can stuff into our freezers. And into our fat cells.

A half-bag serving of the Girasoli, for example, has 490 calories and 14 grams of saturated fat seasoned with 880 milligrams of sodium. The **Ricotta and Spinach Ravioli** and **Porcini and Truffle Tortelloni** are slightly less heavy. But only the **Sweet Pumpkin Mezzaluna** keeps the sat fat down (3 grams). Of course, that's without those gourmet sauces.

Take the **Creamy Parmesan** or **Quattro Formaggi**. Every half cup coats your pasta (and your arteries) with around 200 calories and 10 grams of sat fat. The **Tomato and Basil** is the only sauce to keep the calories (70) and sat fat (1½ grams) truly low. But all three add a nice shot of sodium (380 to 540 mg).

As for the soufflés, the **Emmental Cheese** and the **Smoked Salmon & Dill** labels list calories, etc., for ¼ bag. You'll probably eat twice that much. If so, double the Nutrition Facts panels' 250 calories and 10 grams of sat fat.

Why go out to dinner when the Prez brings restaurant excess right into your home?

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