

We Name Names!

1 Sun-Maid Yogurt Raisins.

What could be wrong with raisins dipped in a healthy food like yogurt? Not much ... if that's what Sun-Maid was selling in Sun-Maid Yogurt Raisins. But since when is "real vanilla yogurt" made up of sugar, partially hydrogenated palm kernel oil, nonfat milk powder, nonfat yogurt powder, whey, titanium dioxide, soy lecithin, and vanilla? Thanks to the partially hydrogenated palm kernel oil, almost all of the fat in Sun-Maid Yogurt Raisins is saturated. One serving will give you a fifth-of-a-day's artery-clogging gunk.



2 Tim Hortons Hot Breakfast Sandwiches.

When *Nutrition Action* researched Tim Hortons' new line of Hot Breakfast Sandwiches, we found that the bacon, egg, and cheese on a Homestyle biscuit contains 410 calories and 14 grams of saturated fat in just a few bites. Make it sausage instead of bacon and you'll swallow 510 calories and 18 grams of saturated fat (a day's worth). That will do almost twice as much or more damage to your arteries as the Bacon 'n Egg McMuffin or the Sausage McMuffin with Egg breakfast sandwiches from McDonald's.



3 President's Choice Shepherd's Pie.

Shepherd's pie — with its ground beef, butter, and whipping cream — was never a health food, and its conversion into a packaged convenience food didn't help any. Just a quarter of a 900-gram pie (a 225-gram serving) contains 390 calories and 23 grams of fat — 12 of them saturated. That's as much saturated fat as is in two slices of Pizza Hut's Meat Lover's Pizza.



4 Weight Watchers chocolate candies.

Who needs the fruits and vegetables that the Weight Watchers program recommends when you can snack on their English Toffee Squares, Pecan Crowns, Mint Patties, or Coconut? But the candies are ordinary chocolates that simply replace some of their sugar with sucralose (an artificial sweetener) and maltitol and/or sorbitol (which can cause diarrhea if you eat too much of them). Each serving — just 3 pieces — still has about 150 calories and 5 to 7 grams of saturated fat.



5 McDonald's Milkshakes.

McDonald's Triple Thick Milkshakes look like ordinary shakes. You'd never guess that a large averages 1,130 calories and 28 grams of fat, 17 of them saturated. H-e-l-l-o? That's about the heart-slaming fat of two Quarter Pounders ... and nearly the calories of three. Since when does a beverage supply half-a-day's calories and close-to-a-day's worth of artery-clogging fat?



6 Starbucks Venti White Chocolate Mocha with 2% milk & whipped cream

Don't think of this drink as a mere cup of coffee. Think of it as a milkshake. Few people have room in their diets for the 580 calories, 22 grams of fat, and 15 grams of saturated fat (almost three-quarters of a day's quota of artery-clogging fat) that this hefty beverage supplies. Order your drink with skim milk and without whipped cream, and you can save about 150 calories and loads of fat.



7 Campbell's regular Condensed soups.

Those familiar foods are brimming with salt. Half a can averages more than half of a person's daily limit of salt. For less sodium, try President's Choice Blue Menu soups or check out some terrific-tasting, healthy soups from Imagine Organic.



8 SunnyD.

This fruit-flavoured beverage is a non-carbonated soft drink that's been spiked with a couple of cheap vitamins (B-1 and C). Shoppers are led to think this is pure fruit juice, but each cup contains only a few tablespoons of real juice. Don't be cheated: Go for 100% orange juice instead. It's got the vitamins, minerals, and phytochemicals — which may cut the risk of cancer — that SunnyD is missing.



9 Wendy's Southwest Taco Salad.

Not all salad is good salad. This one, topped with chili, cheese, tomatoes, sour cream, Ancho Chipotle ranch dressing, and seasoned tortilla strips, packs 670 calories, 18 grams of bad fat, and 1,630 milligrams of sodium. That's about what you'd get in a Wendy's 1/2 lb. Double with Cheese, which piles two quarter-pound patties on one bun.



10 Stouffer's Macaroni & Cheese

To many people, macaroni and cheese feels home-cooked, even if the cook is Stouffer's. But the warm fuzzies start to evaporate as you read the fine print. Each single-serve package (340 grams) holds 490 calories and provides more than half-a-day's saturated plus trans fat (12 grams) and almost-a-day's limit of sodium (1,450 mg) ... all just itching to fan out to your waistline, heart, and arteries.



Far better alternatives are available to you. Turn the page for some healthier choices!

DISCOVER
MORE FOOD
SECRETS!

10 SUPER FOODS You SHOULD EAT



1 Sweet Potatoes.

A nutritional All-Star – one of the best vegetables you can eat. They're loaded with vitamin A, carotenoids, vitamin C, potassium, and fibre. Bake and then mix in some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.



2 Grape Tomatoes.

They're sweeter and firmer than other tomatoes, and their bite-size shape makes them perfect for snacking, dipping, or salads. They're also packed with vitamin C and vitamin A, and you also get some fibre, phytochemicals, and (finally) great flavour.



3 Fat-free (Skim) or 1% Milk (but not 2%).

An excellent source of calcium, vitamins, and protein, with little or no artery-clogging fat and cholesterol. Likewise for low-fat yogurt. Soy milk can be just as nutritious — if the company fortifies it.



4 Broccoli.

It has lots of vitamin C, carotenoids, and folic acid. Steam it briefly, then add a sprinkle of red pepper flakes and a sprinkle of lemon juice.

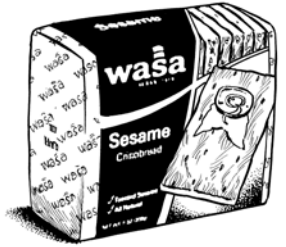


5 Wild Salmon.

The omega-3 fats in fatty fish like salmon can help reduce the risk of sudden-death heart attacks. Salmon that is caught wild has less PCB contaminants than farmed salmon.

6 Crispbreads.

Whole-grain rye crackers, like Wasa, Finn Crisp, and Ryvita – usually called crispbreads – are loaded with fibre and are often fat-free. Drizzle with a little honey and sprinkle with cinnamon to satisfy your sweet tooth.



7 Diced Butternut Squash.

A growing number of grocery stores sell peeled, diced butternut squash that's ready to go into the oven, a stir-fry, or a soup. Every half-cup has 5 grams of fibre and payloads of vitamins A and C.



8 Citrus Fruits.

Great-tasting and rich in vitamin C, folic acid, and fibre. Perfect for a snack or dessert. Try different varieties: juicy Minneola oranges, snack-size Clementines, or tart grapefruit.



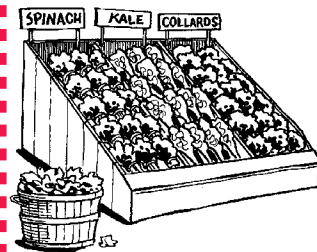
9 Beans.

Inexpensive, low in fat, and rich in protein, iron, folic acid, and fibre. Choose garbanzo, pinto, black, navy, kidney, or lentils. Eat them as a side dish or snack, in a tortilla with salsa, or in a soup.



10 Spinach and Kale.

These standout leafy greens are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, iron, lutein, and phytochemicals.



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