

HOW SWEET IT IS



The next time you're in the mood for french fries, here's what not to do. Don't jump in the car and head for McDonald's. Don't walk through the mall to find a Great Steak & Potato Company. And don't stop at the store for a bag of frozen white-potato fries.

Instead, look for **Ian's Sweet Potato Fries**. Don't mistake them for the deep-fried, fat-drenched fries that have been filling fast-food outlets, sit-down restaurants, and XXXL pants for generations. Ian's are sweet potatoes that have been cut into fries and lightly coated with soybean oil. (In fact, sweet potatoes and oil are the only ingredients.)

Take them out of the freezer, spread them on a cookie sheet, and ignore the pan-frying or deep-frying instructions. Instead, bake them in a 450°F (230°C) oven for 20 to 25 minutes. You'll end up with the healthiest fries on the planet.

A 140-gram serving (about 15 fries—twice the tiny serving listed on the bag) contains only 160 calories and five grams of fat (just one of them saturated and none of them trans). But since we're talking sweet potatoes, it's also packed with 780 per cent of a day's vitamin A, 30 per cent of a day's vitamin C, and close to 15 per cent of a day's potassium.

Even if they didn't taste fabulous, that would make them a pretty sweet treat.

Ian's Natural Foods: (781) 284-1999.

BAD KORMA

You've got to give **President's Choice** some credit. Any mainstream frozen-food purveyor who ventures beyond the usual meat loaf, stuffed turkey, or lasagna deserves a pat on the spice rack.

But the President's new line of Indian entrees is no gift to the nation's blood vessels. The **Chicken Korma** squeezes 12 grams of saturated fat (more than half a day's worth) and 800 milligrams of sodium (a third of a day's quota) into a 580-calorie entree. The **Butter Chicken** hits 11 grams of sat fat and 770 mg of sodium in 490 calories. It's largely the cream (with some help from the butter or creamed coconut) that gives these dishes the saturated fat of a Big Mac. Couldn't corporate headquarters have nudged its adventurous chefs to lean a little heavier on the canola oil and yogurt instead?

At least they managed to turn out one heart-friendly (and

delicious) dish. Check out the **Chana Masala**, a delightfully spiced mélange of chickpeas, onions, and tomatoes with basmati rice. You can't beat the saturated fat (one gram) and fibre (11 grams). Even the sodium (500 mg) is terrific for a 460-calorie entree.

Memo to The Prez: it's great to bring ethnic food to the nation's home freezers, but not if it looks like fast food to our arteries.

President's Choice: (888) 495-5111.

TIP
OF THE MONTH

Mix equal amounts of Dijon-style and grainy mustard. Slather on top of salmon fillets. Bake at 450°F (230°C) until the fish turns opaque and flakes easily with a fork, about 10 minutes for each inch of thickness.

Photos: Nick Waring.

About CSPI,
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CENTRE FOR SCIENCE IN THE PUBLIC INTEREST
P.O. Box 70373, Toronto Station A
Toronto, Ontario M5W 2X5
email: circ@cspinet.org

