About CSPI, publisher of Nutrition Action Healthletter

CENTER FOR Science IN THE Public Interest

The Center for Science in the Public Interest (CSPI), founded in 1971, is an independent nonprofit consumer health group. CSPI advocates honest food labeling 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*, first published in 1974, accepts no advertising.

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RIGHT STUFF

HEALTHYCAKES

Whole grains have come to the pancake aisle. **Quaker's** new **Oatmeal Pancake Mix** is made with two flours: whole-grain oat and whole wheat. (Okay, Arrowhead Mills also sells whole-grain mixes. But smaller brands can be hard to find.)

Quaker's box suggests that you make "heart healthy" pancakes using skim (instead of 2%) milk and egg whites (instead of whole eggs).

Great idea. Each serving of two (four-inch) pancakes will end up with just 220 calories but 4 grams of fiber. Quaker even cut the sodium to just 360 mg per serving. That's low for pancakes (which, along with salt, contain sodium bicarbonate for leavening).

No other big brands match Quaker. Aunt Jemima's Whole Wheat Blend and Buckwheat mixes both have white flour as the second ingredient (and around 600 mg of sodium). And Fiber One's new Complete Pancake Mix (440 mg of sodium) has more white than whole wheat flour, plus polydextrose to bump up the fiber (to 5 grams per serving). There's no good evidence that polydextrose lowers the risk of anything.

Quaker's mix comes in handy if you want oats but don't like oatmeal. Making pancakes takes all of five minutes. And you can toss in fresh (or frozen) blueberries or canned pumpkin or that ripe banana you should have eaten yesterday. Add a drizzle of maple syrup and breakfast is served.

Do they taste as good as white-flour pancakes? Let's put it this way: How often do you long for a slice of white Wonder bread?

Quaker: (800) 367-6287

FOOD PORN

SHAKEDOWN

"Like It." "Love It." "Gotta Have It." Those are the small, medium, and large sizes of ice creams, shakes, smoothies, and sorbets sold at **Cold Stone Creamery**, an upscale ice cream chain with more than 1,400 stores nationwide. "Not Worth It" might be a better name, at least when it comes to the **Oh Fudge!** shake.

Sure, few people buy an ice cream shake expecting it to shrink their waist. But Oh Fudge! is more of a quake than a shake.

It starts at 1,250 calories for the "Like It" (16 oz.) size. That's more than the 1,160 calories in a large (32 oz.) McDonald's Triple Thick Chocolate Shake, which used to seem outrageous. But Oh Fudge! leaves the Triple Thick in its dust.

The "Love It" (20 oz.) Oh Fudge! has 1,660 calories, and the "Gotta Have It" (24 oz.) has 1,920 calories. Along with a day's calories come 69 grams of saturated fat from the chocolate ice cream, milk, and fudge syrup. That's 3½ days' worth, but who's counting?

It's not just a mouthful. It's a bellyful...for those planning on full-size bellies. It's two 16 oz. T-bone steaks plus a buttered baked potato, all blended into a handy 24 oz. cup.

Shakes can be worse for dieters than ice cream because liquid calories don't make you feel as full.

If you're at Cold Stone and determined to drink your calories, try the Lower Calorie Signature Smoothies—Berry Lemony, Berry Trinity, Citrus Sunsation, and Strawberry Bananza—which have less sugar than the shakes (and no artificial sweeteners).

Each has only about 150 to 250 calories (for a small) and flavor to spare...not padding for the spare around your waist.

Cold Stone: (866) 452-4252

tip OF THE MONTH

Try something new with your asparagus. Roast with shiitake or cremini mushrooms, shave raw spears into a green salad, or sauté bite-sized bits with slivered almonds and toss with brown rice.

Photos: Quaker (left), Nick Waring (right).