



DO THE MASHED POTATOES



If there were a sweet potato fan club, we'd be a charter member. After all, what's not to love about an inexpensive, nutrient-packed, lick-your-lips-good veggie?

Then again, unless you're baking a whole sweet, you may not be too thrilled about having to wash and cut them.

No problem. Just pick up a package of Mann's Sweet Potatoes, which we gave a thumbs up to last March. The peeled and washed fresh cubes or spears come out of their refrigerated package ready for battle.

Now, **McCain Purely Potatoes Sweet Potato Chunks** take ready-to-cook sweets to the next level. They're just like Mann's chunks...except they come frozen.

Each cup of mini chunks delivers 30 per cent of a day's vitamin A, 7 per cent of a day's potassium, and 2 grams of fibre, all for only 50 calories and a stingy 20 milligrams of sodium.

Try steaming them in their microwave-ready bag. Then mash in one or more of your favourite spices—sweet (cinnamon, cloves, nutmeg, allspice) or savoury (cumin, coriander, paprika, chili). Or steam a bag and mash with ½ cup light sour cream, 2 Tbs. maple syrup, and ¼ tsp. salt. If you're in a mashed white potato rut, are you in for a treat.

Don't feel like mashed?

Toss the chunks with 3 Tbs. of canola oil, ¼ tsp. of salt, and plenty of freshly ground pepper. Add a few sprigs of thyme or a couple of pinches of curry powder and roast at 450° F (230° C) until they're tender.

Life doesn't get much sweeter.

McCain: (866) 622-2461

THOU CHALET NOT

Which of these new **Swiss Chalet** cakes causes the least damage to your arteries and waistline: Old Fashioned Carrot, Classic Fudge, or Chocolate Lava?

If you think the **Carrot Cake** is the least harmful, you're wrong.

Unfortunately, the carrots are buried in a pile of white flour, sugar, and cream cheese icing, all of which add up to 610 calories per serving, somewhere between the Chocolate Lava Cake (430) and the Classic Fudge Cake (720). Likewise, the saturated-plus-trans fat (11 grams) falls between the (smaller) Chocolate Lava (7½ grams) and the Classic Fudge (13 grams). Instead of carrot cake, you might as well order half a rack of Chargrilled BBQ Ribs for dessert.

And who can afford roughly 600 calories on top of dinner? That's a third of the calories that a 50-something sedentary woman should eat in an entire day. A scoop of Swiss Chalet's ice cream or (better yet) cranberry raspberry frozen yogurt has just 110 to 130 calories. Even with a drizzle of butterscotch, chocolate, or strawberry sauce, the total comes to 230 calories, max.

That used to be enough for dessert. Now a scoop of ice cream has to compete against desserts like Caramel Pecan Cheesecake (660 calories) or Baked Apple Crumble (480 calories).

Swiss Chalet deserves kudos for putting calories and other numbers on its Web site. Now if the chain would just put them on its menus, diners might have a fighting chance.

Swiss Chalet: (866) 450-2903



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OF THE MONTH

Toss a drained and rinsed can of no-salt-added chickpeas (garbanzo beans) with 3 Tbs. extra-virgin olive oil, a handful of roughly chopped parsley, 2 sliced green onions, and the juice of ½ lemon. Season with ¼ tsp. kosher salt and plenty of freshly ground black pepper.

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, 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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Return undeliverable Canadian addresses to: Nutrition Action Healthletter CENTRE FOR SCIENCE IN THE PUBLIC INTEREST P.O. Box 4252, Postal Station A Toronto, Ontario M5W 5S4 e-mail: circ@cspinet.org

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