



MUESLI MARVEL



"Originally developed in the late 1800's by a Swiss nutritionist, Muesli is a delightful cereal made from a blend of whole grains, dried fruit, nuts and seeds," explains the label of **Bob's Red Mill Old Country Style Muesli**.

Delightful is right, whether you microwave or boil it for 3 to 5 minutes with milk or water to make a hearty hot cereal, or you just stir it into your milk or yogurt cold.

Either way, you've got a bowl of "whole grain wheat, date crumbles, sunflower

seeds, raisins, rye, barley, oats, triticale, flaxseed, almonds and walnuts." That's the entire ingredients list.

Just keep in mind that you're almost certain to get more than the 110 calories that are listed on the package's Nutrition Facts panel. That's for a quarter-cup serving of dry cereal that won't even cover the bottom of some bowls.

So let's say you use half a cup and get 220 calories' worth of cereal. Don't worry. You're also getting 8 grams of fibre, 8 grams of protein, and no sodium. And the Muesli's whole grains are intact, which means they'll help keep you regular (and help keep a lid on your blood sugar levels) better than whole grains that have been ground into flour.

Bonus: there's no sugar in the cereal beyond what comes naturally from the raisins and dates.

When Bob says "Old Country Style," he means it.

Bob's Red Mill: (800) 349-2173

DON'T GO WITH THE FLOW

"Heat gently to make the chocolatey lava centre flow," instructs the label of **President's Choice The Decadent Molten Chocolate Chip Cookie** ("an exquisitely pleasing all-butter cookie made with PC The Decadent Chocolate Chips").

No one would expect a food named "The Decadent"

to conjure up leafy greens. But it's funny how decadence has grown (along with Canadian waistlines).

The company's The Decadent Chocolate Chip Cookie, which hit the shelves in 1988, has 160 calories in a two-cookie serving. Each The Decadent Molten Chocolate Chip Cookie has 470 calories (a quarter of a day's worth) along with 10 teaspoons of sugar (at least a day's supply) and 11 grams of saturated fat (half a day's max), thanks not just to its butter, but to the palm and palm kernel oils in its "chocolatey filling." (Only the chips are real chocolate.)

It's like having a Quarter Pounder with Cheese, except the burger would deliver more protein, vitamins, and minerals than a pile of white flour, sugar, and fat. Even a President's Choice The Decadent Molten Chocolate Cake has fewer calories (390). Apparently, that's not decadent enough.

Now PC wants to expand on the cake's success ("4,000,000 SOLD...AND COUNTING!" gushes the company's Web site).

What else will the Molten Cookies expand? That's not the Prez's problem.

President's Choice: (888) 495-5111



dish OF THE MONTH

Couscous Salad

Prepare 1 cup of whole wheat couscous according to the package directions.

Toss with 2 grated carrots, 4 cups of chopped arugula, 2 Tbs. each of extra-virgin olive oil, freshly squeezed lemon juice, and orange juice, and ½ tsp. of kosher salt.

Return undeliverable Canadian addresses to:

Nutrition Action Healthletter

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About CSPI, publisher of Nutrition Action Healthletter



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