



FLEET SWEETS



Mashed sweet potatoes. Mmmm. How many foods are so nutrition-rich *and* taste so fabulous?

The catch: some days, you just don't feel like peeling, chopping, boiling (or microwaving), and mashing. Not to worry. Compliments has your back.

Compliments Balance puts a touch of skim milk, brown sugar, butter, salt, and a few other ingredients in its **Mashed Sweet Potatoes**, so they're not as pure as potatoes in their jackets. But the extras

add just 1 teaspoon of sugar, less than 1 gram of saturated fat, and around 30 milligrams of sodium to each serving. That's hard to beat.

Heat for four minutes in the microwave and your sweets aren't just cooked, they're seasoned and ready to serve.

Each 100-calorie serving (2/3 cup) supplies 3 grams of fibre, 410 mg of blood-pressure-lowering potassium, and 60 per cent of a day's vitamin A. While you'd get more fibre if you ate a sweet potato *with* the skin, that's not too shabby. (Ignore the label's misleading claim that vitamin A "aids in the development and maintenance of night vision." Canadians aren't at risk for the severe vitamin A deficiency that leads to night blindness.)

Each serving also supplies a hint of cinnamon that perfectly complements the mildly sweet taste. There are even a few lumps...just like homemade sweets. In fact, if you transfer the potatoes to a nice serving bowl, no one has to know that you didn't do the mashing.

Compliments: (866) 672-0061

TAME THE BEASTRO

"Bistro Inspired," coos the box of **Stouffer's Bistro Pizzeria Stuffed Crust Pepperoni**.

Both Bistro Pizzerias—Stuffed Crust Pepperoni and Stuffed Crust 3 Cheese—are "made with delicious gourmet ingredients and baked warm and toasty out of the microwave in under 4 minutes," says Stouffer's.

Really? The Stuffed Crust dough is made largely from ordinary white flour, water, and hydrogenated soy and palm kernel oils. The filling is primarily mozzarella, water, and something called "mozzarella flavoured preparation," which is mostly water, palm oil, mozzarella, corn starch, and salt. Nothing in the long list of corn syrup solids, modified corn starch, gums, colours, and powders really screams "gourmet."

But that little white lie isn't the worst feature of Stouffer's label. It's the Nutrition Facts panel, which says that a serving of Stuffed Crust Pepperoni has just 240 calories, 5 grams of saturated fat, 0.3 grams of trans fat, and 570 milligrams of sodium. Not too bad...unless you notice that that's for just half of the 210-gram pizza in the box. Oops.

Eat a whole pizza—they're less than six inches across—and you blow roughly half a day's sat plus trans fat and three-quarters of a day's sodium on 480 calories' worth of white flour and "mozzarella flavoured preparation."

"Keep a stack of Stouffer's Bistro Pizzeria on hand at home or work," suggests the box. Right. So you can give that 105-gram half-pizza to a co-worker?

"Perfect for your on-the-go lifestyle!" adds the box. Only if you go put it back in the freezer case.

Stouffer's: (800) 387-4636



dish OF THE MONTH

Black Bean Salsa

Combine 1 can of no-salt-added black beans (drained and rinsed) with 1 chopped avocado, 1/4 diced red onion, and a handful of cilantro leaves. Season with the juice of half a lime and 1/4 tsp. of kosher salt.

Use as a garnish for grilled chicken, fish, or shrimp or as a filling for tacos.

Return undeliverable Canadian addresses to:

Nutrition Action Healthletter

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About CSPI, publisher of Nutrition Action Healthletter



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