



KEEN ONE



“Quinoa: An Emerging ‘New’ Crop with Potential for CELSS,” read the title of the 1993 NASA Technical Paper. The U.S. space agency was considering quinoa (pronounced keen-wah) for the “Controlled Ecological Life Support System”—that is, for “meeting the needs of humans on long-term space missions.”

What makes quinoa unique? “Lysine, an essential amino acid that is deficient in many grain crops, is found in quinoa

approaching Food and Agriculture Organization of the United Nations (FAO) standards set for humans,” explained the NASA scientists. It’s similar to what you’d get if you combined soybeans and wheat (NASA’s alternative for CELSS).

Quinoa’s amino acids may help explain why it was a staple of the Inca empire for many centuries. That and its ability to grow at the Andes’ high altitudes, where wheat and corn can’t compete.

But here’s why you should put quinoa on your shopping list even if you have no plans to move to Peru. Each 220-calorie cup of the cooked whole grain is packed with 5 grams of fibre, 8 grams of protein, and 20 per cent of a day’s iron.

Quinoa’s nutty flavour shows up just 20 minutes after it hits the stove. What to do then? Mix some with roasted vegetables and pine nuts, or sautéed snow peas and mushrooms with a splash of soy sauce. Or toss with chopped arugula, fresh basil, green onions, sundried tomatoes, and vinaigrette dressing.

And if NASA calls, you’ll already be prepped for that long-term space mission.

[www.wholegrainscouncil.org/whole-grains-101/quinoa-march-grain-of-the-month](http://www.wholegrainscouncil.org/whole-grains-101/quinoa-march-grain-of-the-month)

**dish**  
OF THE MONTH

**Roasted Veggies with Attitude**

Toss 500 grams of broccoli and cauliflower florets in 2 Tbs. extra-virgin olive oil. Roast on a baking tray at 400°F for 20 minutes. Whisk together 1 Tbs. each of lemon juice, extra-virgin olive oil, minced shallot, and grated Parmesan with ½ tsp. salt, freshly ground black pepper, and the zest from ½ lemon. Toss with the roasted florets.

THE TERMINATOR

“Two ¼ lb. patties topped with juicy applewood smoked bacon on a premium fresh bun. Topped off with mayo, ketchup, and lite cheese.”

That’s how Wendy’s Web site describes its

**Baconator Double.**

The chain’s commercial is more blunt: “Real bacon. Only for real men.”



Apparently, women and children (and wimpy men) can’t handle 940 calories, more than a day’s worth of saturated fat (24 grams), and a full day’s supply of sodium (1,550 mg) in one sandwich. Only real men can wolf down such a super-sized burger, whether or not they end up with a 45-inch waist taking cholesterol-lowering statins and blood pressure medication for the rest of their lives. They’re tough. Well, not around the middle, but you get the idea.

How’s the competition? McDonald’s biggest burger is the Angus Burger with Bacon and Cheddar. It’s got a mere 810 calories and 19 grams of sat fat. (Look for it on the “McSissies” menu.)

Granted, Burger King’s Triple Whopper with cheese—which packs 1,250 calories, 32 grams of sat fat, and 1,600 mg of sodium—is worse. It can cause some serious fat-cell proliferation, artery clogging, and blood vessel stiffening. But Wendy’s will fix you a **Baconator Triple** on the spot. Just ask!

Want to know if a relative, friend, or co-worker is a real man? Buy him a Baconator Double and see if he has the guts to eat it...or if he’s still working on that gut.

Wendy’s: (905) 849-7685

Photos: Narmita Davis.

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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