



BACK TO EDEN



There's nothing like a fresh-cut juicy red tomato to wake up a plate of pasta, a simmering soup, or a homemade pizza. But sometimes—when you can't get to the store or when store-bought tomatoes are mealy—you have to settle for canned. The question is: how can you dodge the sodium (300 to 400 milligrams in every half cup) in Unico, Alymer, and most other canned tomatoes?

With **Eden Organic**. Its **No Salt Added Diced Tomatoes** are the perfect fill-in for fresh. Like other canned tomatoes, they're a good source of vitamins A and C and lycopene, the carotenoid that *may* protect the prostate. And their 5 mg of sodium per half-cup serving won't harm your blood pressure.

President's Choice Blue Menu, **Unico**, and **Thomas Utopia** also sell **No Salt Added** canned tomatoes. But Eden, which you can find at health food stores, Loblaws, Sobey's, and Safeway, offers nine varieties.

Add chopped red onion and cilantro to the **Diced Tomatoes with Green Chilies** for an instant salsa. Toss some **Diced Tomatoes with Basil** into your minestrone. Simmer the **Crushed Tomatoes with Roasted Onion & Garlic** with white beans and thyme.

And if you use Eden's plain **Diced**, **Crushed**, or **Whole Tomatoes** in chicken curry, black bean chilli, chicken cacciatore, or another well-seasoned dish, you'll never miss the missing salt.

Or drizzle olive oil on the (drained) whole tomatoes along with strips of bell pepper, quartered onions, garlic cloves, and (if you have any) a few sprigs of rosemary, thyme, or other herbs. Roast at 350°F until browned, then toss with whole wheat pasta and sprinkle with grated Parmesan. *Delizioso!*

Eden Foods: (800) 248-0320

BIRTHDAY BASH



"Fudge and chocolate crunch between layers of chocolate or vanilla soft serve and topped off with a Blizzard flavored treat." That's how **Dairy Queen** describes its **Blizzard Cakes**.

Just a bit of fudge (mostly sugar, milk, and hydrogenated coconut oil) and crunch (mostly white flour, sugar, and partially hydrogenated soybean and cottonseed oil), with vanilla soft serve (mostly modified milk ingredients, sugar, glucose, and artificial flavour) and icing (mostly water, partially hydrogenated palm kernel oil, and sugar). M-m-m-m.

Make it an **Oreo Blizzard Cake** and everybody gets a wedge (1/8 of a cake) that delivers 610 calories, 19 grams of saturated fat, 1 gram of trans fat, and 16 teaspoons of sugar. What's a celebration without a splurge?

After all, it's not easy to find a "treat" with nearly a third of a day's calories and an entire day's bad fat. An ordinary (non-Blizzard) Dairy Queen Cake supplies "only" 420 calories and 10½ grams of bad fat. You call that a treat? It's only equal to a McDonald's Quarter Pounder.

A slice of Oreo Blizzard Cake, on the other hand, is 90 calories shy of a Double Big Mac—but with slightly more bad fat. *Now* you're talking treat. If you get bored with plain old Oreo, you can choose from **Chocolate Xtreme**, **Midnight Truffle**, and **Choco Cherry Love**. In fact, DQ will make any of its Blizzards into a cake for you.

Aren't you lucky. Your birthday's a big deal. Make the most of it while you can. Thanks to Dairy Queen Blizzard Cakes, you may have fewer left than you think.

Dairy Queen: (866) 793-7582

dish
OF THE MONTH

Dress up your garbanzo beans. Mix together one tablespoon each of extra-virgin olive oil and balsamic vinegar. Add two minced garlic cloves and toss with a can of drained and rinsed garbanzos.

About CSPI,
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