

We name names!

1 Baskin-Robbins Fudge Brownie

31 Below. “Brownie chunks and hot fudge mixed with Baskin-Robbins smooth and creamy vanilla Soft Serve,” means 970 calories, a day’s worth of bad fat (21 grams) and 27 teaspoons of added sugar. And that’s just for a small (12 oz). A large (24 oz) hits 1,900 calories, and 2 days’ worth of bad fat (41 grams), and 52 teaspoons of added sugar. For those patrons who can’t afford 1,000+ calories in a snack, opt for one of Baskin-Robbins’ “BRight Choices.” These frozen yogurts or light ice creams will run you 150 to 250 calories in a regular scoop.



2 Tim Hortons Hot Breakfast

Sandwiches. When *Nutrition Action* researched Tim Hortons’ new line of Hot Breakfast Sandwiches (egg, cheese, and bacon or sausage, in a biscuit), we found that if you go with the bacon, you’ll polish off 410 calories and 14 grams of saturated fat in just a few bites. Make it sausage instead of bacon and you’ll swallow 510 calories and 18 grams of saturated fat (a day’s worth). Tim Horton’s Hot Breakfast Sandwiches make McDonald’s look good: Bacon’n Egg McMuffin has “only” 300 calories and 5 grams of saturated fat.



3 Pillsbury Grands! Flaky Supreme Cinnamon Roll.

No one thinks of cinnamon rolls as health food. But each Pillsbury Grands! Flaky Supreme Cinnamon Roll with Icing has 370 calories, 5 grams of saturated fat, 5 grams of trans fat (2½ days’ worth), and 5 teaspoons of added sugar. Companies are dumping their trans-laden hydrogenated oils right and left, yet Pillsbury still makes its rolls with the stuff. Isn’t that grand?



4 Weight Watchers chocolate candies.

Who needs the fruits and vegetables that the Weight Watchers program recommends when you can snack on their English Toffee Squares, Pecan Crowns, Mint Patties, or Coconut? Weight Watchers replaces some of the sugar in their candies with sucralose (a safe artificial sweetener) and maltitol and/or sorbitol (which can cause diarrhea if you eat too much of them), but that doesn’t mean it’s better for you. A serving of the Mint Patties has 160 calories and 6 grams of saturated fat. A similar-sized serving of York Peppermint Patties has 140 calories and 1.5 grams of saturated fat. Weight Watchers other chocolate candies are in the same ballpark as their Mint Patties



5 McDonald’s Milkshakes.

McDonald’s Triple Thick Milkshakes look like ordinary shakes. You’d never guess that a large averages 1,130 calories and 17 grams of saturated fat. H-e-l-l-o? That’s about the heart-slammng fat of two Quarter Pounders. Since when does a beverage supply half-a-day’s calories and close-to-a-day’s worth of artery-clogging fat?

6 Starbucks Venti White Chocolate Mocha.

This popular Venti-sized (20 oz) drink made with 2% milk and whipped cream is more than a mere cup of coffee. It’s worse than a McDonald’s Quarter Pounder with Cheese. Few people have room in their diets for the 580 calories and 15 grams of saturated fat that this hefty beverage supplies. But you can save 130 calories and two-thirds of the bad fat if you order it with non-fat milk and no whipped cream.



7 Campbell’s regular Condensed soups.

On average, a cup of Campbell’s Soup has 850 mg of sodium. That’s half a day’s worth ... assuming you eat only one of the 2½ servings that the label says the can makes. Campbell’s Healthy Request, V8, and Créations soups, as well as Primo and Pacific Foods Organic Reduced Sodium soups slash the sodium to the 400s. To push the sodium down into the 100s to 300s look for President’s Choice Low in Sodium Blue Menu, Amy’s Light in Sodium, and Imagine Organic’s Light in Sodium soups.



8 Nestlé Noir Chocolat Noir Dark Hot Chocolate Mix.

“Indulge your senses with the intensely dark chocolate experience of Nestlé Noir hot chocolate,” murmurs the box of Nestlé Noir Chocolat Noir Dark Hot Chocolate Mix. Apparently, the purely dark hot chocolate experience consists largely of maltodextrin, sugar, and creamer (a mix of coconut oil, corn syrup solids, and sugar). Each 2/3-cup serving supplies 140 calories, two teaspoons of sugar (8 grams), and 4 ½ grams of saturated fat. You’re better off eating dark chocolate than drinking a cup of sugar-and-creamer.



9 East Side Mario’s Funnel Cake.

There was a time when people had to go to an amusement park to find a funnel cake. But now East Side Mario’s offers this pile of fried and sugar-topped white flour on its menu, topped with two scoops of French vanilla ice cream, strawberry and caramel sauces, and a dollop of whipped cream. The tab: 1,210 calories and 25 grams of saturated fat. What do you expect when you fry roughly 1 cup of white flour and toss in 16 teaspoons of added sugar? Think of it as half a dozen Honey Dip doughnuts from Tim Hortons.



10 Michelina’s Grande Fettuccine Alfredo.

Fed up with skimpy frozen entrees that leave you hungry? Michelina’s now offers 10 Grande frozen dishes with a hearty “1 lb serving” of food. The Grande Fettuccine Alfredo serves up 670 calories, mostly from white-flour pasta and “modified milk ingredients.” (That’s almost 300 calories more than Mama’s regular Fettuccine Alfredo.) You can breeze through three-quarters of a day’s saturated fat (14 grams) and sodium (1,090 milligrams) and 1 gram of trans fat without bothering with a vegetable or fruit.



Far better alternatives are available to you. Turn the page for some healthier choices!

DISCOVER
MORE FOOD
SECRETS!

10 SUPER FOODS You SHOULD EAT

1 Sweet Potatoes.

A nutritional All-Star -- one of the best vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fibre. Cook and then mash in one or more of your favourite spices — sweet (cinnamon, cloves, nutmeg, allspice) or savoury (cumin, coriander, paprika, chili).



2 Mangoes.

Just one cup of mango supplies three-quarters of a day's vitamin C, a decent dose of vitamin A and blood-pressure-lowering potassium, and 3 grams of fibre. Bonus: mango is one of the fruits least likely to have harmful pesticide residue.



3 Unsweetened Yogurt.

Plain yogurt has a pleasant tartness that's a perfect foil for the natural sweetness of berries, bananas, or for your favorite breakfast cereal. It has more protein, potassium, calcium, zinc, and vitamins B-6 and B-12 than sweetened yogurt. That's because it doesn't have to share the container with the sugary preserves or the sugar that's in many flavored yogurts.



4 Broccoli.

It has lots of vitamin C, carotenoids, and folic acid. Steam it just enough so that it's still firm, then add a sprinkle of red pepper flakes and a spritz of lemon juice.



5 Wild Salmon.

The omega-3 fats in fatty fish like salmon can help reduce the risk of sudden-death heart attacks. Wild-caught salmon has less PCB contaminants than farmed salmon.



6 Crispbreads.

Whole-grain rye crackers, like Wasa, Finn Crisp, and Ryvita — usually called crispbreads — are loaded with fibre and are often fat-free. Drizzle with a little honey and sprinkle with cinnamon to satisfy your sweet tooth.



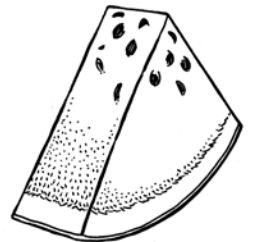
7 Garbanzo Beans.

All beans are good beans. They're rich in protein, fibre, iron, magnesium, potassium, and zinc. But garbanzos (chickpeas) stand out because they're so versatile. Just drain, rinse, and toss a handful on your green salad; throw them into vegetable stews, curries, and soups; mix them with brown rice, whole wheat couscous, bulgur, or other whole grains.



8 Watermelon.

Watermelon is a heavyweight in the nutrient department. A standard serving (about 2 cups) has 40 per cent of a day's vitamin C, and a nice shot of vitamin A and potassium for only 85 fat-free, salt-free calories. And when they're in season, watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.



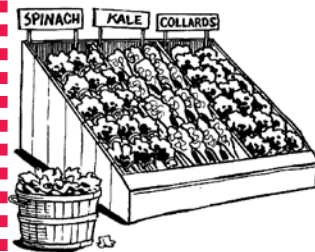
9 Butternut Squash.

Steam a sliced squash or buy peeled, diced butternut squash at the supermarket that's ready to go into the oven, a stir-fry, or a soup. It's an easy way to get payloads of vitamins A and C and fibre.



10 Leafy Greens.

Don't miss out on powerhouse greens like kale, collards, spinach, turnip greens, mustard greens, and Swiss chard. These standout leafy greens are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fibre. Serve with a splash of lemon juice or red wine vinegar.



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