



BETTER SPREADER



If you're a fan of cream cheese, you may be familiar with its dark side.

A mere two tablespoons has 90 calories and 5 grams of saturated fat—a quarter of a day's worth. And cream cheese has only a fraction of the protein and calcium of real cheese.

True, you can try Kraft Philadelphia Light

Cream Cheese (60 calories and 3 grams of sat fat in two tablespoons) or Philadelphia Low Fat 95% Fat-Free Herb & Garlic Cream Cheese (40 calories and 1 gram of sat fat). But if you're looking for something a little different, PC Blue Menu has you covered.

Both its Plain Yogurt Spread and its Roasted Garlic and Herb Yogurt Spread blend the tanginess of yogurt with the creaminess of cream cheese...except that they're more spreadable. The Plain is ultra-smooth, and the Roasted Garlic and Herb has just enough garlic to still let the chives shine through. Mmmm.

Two tablespoons of either spread has only 50 calories and 2½ grams of sat fat. And the Plain has just 15 milligrams of sodium, a fraction of the 100-or-so mg in President's Choice Original or PC Blue Menu Original Cream Cheese Spread. (The Roasted Garlic and Herb Yogurt Spread has 60 mg of sodium, roughly half the sodium of PC's Herb & Roasted Garlic Cream Cheese Spread.) All with no loss of flavour.

The versatile yogurt spreads can go beyond covering bagels. The Roasted Garlic and Herb doubles as a dip. And you can use the Plain in cheesecake, pasta dishes, and many other recipes that call for cream cheese.

Spread the word.

President's Choice: (888) 495-5111

KILLER COOKIE

"Two decadent chocolate chip cookies baked to perfection and served warm in a skillet with vanilla ice cream and caramel sauce." That's how Montana's describes its new Skillet Cookie.

The cookies would probably be decadent if you ate them naked. But what kind of hum-drum dessert would that be? These days, restaurants like to cram two or three desserts into one to dazzle patrons. So



Montana's pours on ice cream and caramel sauce. Now you're talking.

You're talking 1,640 calories, 29 grams (a 1½-day supply) of saturated fat, and 162 grams (40 teaspoons) of sugar (almost all of it added). Even if you split the cookie with an unfortunate friend, the numbers are scary. And don't forget: the Skillet Cookie is likely to arrive at your stomach on top of something like Montana's 1 lb. BBQ Beef Brisket Sandwich (1,100 calories, not counting sides) or its Ultimate Beef Nachos (2,450 calories)...or its Wednesday All You Can Eat Ribs (the sky's the limit).

Bonus: the Skillet Cookie comes with 1,280 milligrams (more than three-quarters of a day's worth) of sodium. Not bad for dessert!

What would Canada be without decadent, indulgent, over-the-top restaurant desserts like Montana's skillet cookie...or doughnuts with dipping sauces...or sticky toffee pudding with ice cream...or cheesecake with whipped cream and fudge or caramel sauce?

It might be a nation where one out of two people weren't overweight or obese. That's what.

Montana's: (877) 439-1155

**dish**  
OF THE MONTH

**End of Summer Succotash**

Sauté 1 cup each of fresh corn kernels, baby lima beans, diced zucchini, and diced red pepper in 1 Tbs. of canola oil until sizzling hot. Stir in 2 sliced green onions and 1 chopped tomato. Season with up to ½ tsp. of salt.

Photos: Natalie Walsh (left), Montana's (right).

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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