The Center for Science in the Public Interest (CSPI), founded in 1971, is an independent nonprofit consumer health group. CSPI advocates honest food labeling and advertising and safer and more nutritious foods. CSPI’s work is supported by Nutrition Action Healthletter subscribers and foundation grants. CSPI accepts no government or industry funding. Nutrition Action Healthletter, first published in 1974, accepts no advertising.

**EASY FREEZY**

On the go?

The planet would be better off if you grabbed a piece of fruit that was wrapped in its own peel. But for some people, having to cut up that pineapple or wash and repackage those berries means that a mid-morning or afternoon snack ends up being a granola bar or muffin (or doughnut or bagel or bag of chips).

Enter frozen Dole Blueberries, Sliced Strawberries, and Tropical Gold Pineapple. Each fruit comes in a single-serve cup that has just 35 to 50 calories and no added sweeteners. You can let them defrost (for 30 to 45 minutes) on your desk or pop them in the microwave for a minute. Either way, you’ve got the perfect snack and a taste that’s awfully close to fresh.

Want something more substantial? Try mixing a Dole cup with plain fat-free Greek yogurt or cottage cheese. Or toss one into a salad of greens and toasted almonds. Or stir it into a bowl of whole-grain cereal.

If you want to save plastic (and freezer space), don’t overlook bags of frozen fruit. Dole and other companies sell not just blueberries, strawberries, and pineapple, but blackberries, cherries, sliced peaches, mango, and raspberries—all with no added sugars.

There’s nothing like a smoothie made with low-fat milk or plain yogurt, a banana, and frozen fruit. It’s a fast freeze. Who needs juice, fruit snacks, fruit pops, or sweetened fruit cups when the real thing is (better than) a piece of cake?

**SALTY STYLE SOUP**

“Everything good takes time,” says the label on Campbell’s Tomato & Sweet Basil Bisque Slow Kettle Style Soup. “Like slow-cooked soups with high quality ingredients and delicious flavor combinations that deliver an experience you will want to slow down and savor.”

Well, if you read the Tomato & Sweet Basil Bisque’s Nutrition Facts panel and end up thinking that the soup has 260 calories and 8 grams of saturated fat seasoned with 750 milligrams of sodium, you haven’t slowed down enough.

Under “Serv. Size 1 cup,” the label says “Servings about 2.” That’s your only clue that the entire container—which looks like a single serving—has 520 calories, 16 grams of saturated fat, and 1,500 mg of sodium.

So slow w-a-a-a-y down when you savor the Tomato & Sweet Basil Bisque, because by the time you’re done, you’ll have polished off a quarter of a day’s calories, three-quarters of a day’s sat fat (thanks largely to the soup’s cream), and an entire day’s sodium.

The Portobello Mushroom & Madeira Bisque isn’t much better. The container packs 460 calories, 12 grams of sat fat, and 1,540 mg of sodium. It’s essentially a Quarter Pounder with Cheese in a bowl.

A whole container of the other Slow Kettle Style Soups—not Campbell’s bogus 1 cup serving—is lower in calories (300 to 400) and sat fat (1 to 3 grams), but each still hits a day’s sodium.

That’s Honest Style labeling if we ever saw it.

**Couscous Salad**

Prepare 1 cup of whole wheat couscous according to the package directions. Toss with 2 grated carrots, 4 cups of chopped arugula, 2 Tbs. each of extra-virgin olive oil, freshly squeezed lemon juice, and orange juice, and ⅛ tsp. of kosher salt.

Dole: (800) 356-3111

Campbell: (800) 257-8443