NEW FLOUR!

"Always giving you more," notes the box of Tony’s new Macaroni & Cheese Original Crust Pizza. Yes, indeed.

Instead of a plain old frozen pizza crust topped with tomato sauce and cheese, Tony replaces the sauce (who needs even a hint of vegetable?) with pasta.

Nothing like white-flour pasta on a white-flour crust. Tony must be worried that Americans don’t get enough white flour in their breads, bagels, burritos, cookies, cakes, cupcakes, crackers, cereals, doughnuts, muffins, rolls, scones, soft pretzels, spaghetti, waffles, and other white-flour foods.

And he must be concerned that we don’t get enough cheese, either. Make that “cheese sauce mix” (made of, among other things, water, whey, modified food starch, and a “cheddar cheese blend” of whey, maltodextrin, reduced lactose whey, canola oil, and—finally!—cheddar and blue cheese) combined with a “cheese blend” (mozzarella plus “mozzarella cheese substitute”—mostly water, oil, and cheese solids). And don’t forget the two yellow food dyes. Cheesish goop wouldn’t be cheesish goop without them.

The company claims that a serving is a quarter of the box, but a third is closer to the weight of its own Pizza For One (and half is a more likely portion). Even a third of a box delivers 370 calories, 6 grams of saturated fat, 670 milligrams of sodium, and nary a vegetable.

And that Tony. Always giving you more. More white flour, more weight, more artery plaque, more high blood pressure.

Tony’s: (800) 533-5290

It’s hard to love tuna salad these days. What with the mercury, the salt, the BPA-laden cans, and the harm to other marine life caused by fishing with longlines or nets, you can’t enjoy a decent tuna fish sandwich.

Well, break out the mayo. Sustainable Seas Wild Pole-Caught No Salt Added Solid Light or Solid Albacore Tuna is caught one fish at a time, which means no “by-catch”—sea turtles, dolphins, sharks, and other sea life that get caught on longlines or swept up in nets along with the tuna. (Pole- and troll-caught tuna from the U.S. and Canadian Pacific—like the tuna in Sustainable Seas—are rated “Best Choices” by the Monterey Bay Aquarium’s Seafood Watch.)

And the cans are free of BPA, a compound that can mimic hormones in the body or raise the risk of diabetes or heart disease.

Bonus: because pole- and troll-caught tuna are younger and smaller than tuna caught by other methods, they typically have only about a third the mercury. In fact, the Environmental Defense Fund has no consumption advisory for pole- or troll-caught albacore, but does have an advisory for albacore caught by longlines. (Albacore has more mercury than light.) Double bonus: younger fish typically have higher levels of healthy omega-3 fats.

A standard, five-ounce can of Sustainable Seas No Salt Added cost us roughly the same as Starkist Selects Very Low Sodium Chunk White Albacore in Water or Bumble Bee Very Low Sodium Solid White Albacore In Water. And it was cheaper than (sustainably caught) Wild Planet No Salt Added Wild Albacore.

As for taste: Sustainable is every bit as good as the big brands’ very-low-sodums.

Love tuna? Make it sustainable. Please.

Sustainable Seas: (800) 998-9946

SEA CHANGE

**Creamy Spinach Bulgur**

Sauté 1 diced onion and 1 diced red pepper in 2 Tbs. of olive oil until soft. Stir in 1 cup of bulgur and 2 cups of fat-free milk. Simmer, stirring often, until most of the liquid is absorbed, about 10 minutes. Stir in a 6 oz. bag of baby spinach and ½ cup of Parmesan cheese. Season with black pepper.

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