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Picky Eater: American Flatbread makes an entirely legal pizza

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AS MUCH AS I love pizza, I spend more time avoiding it than actually eating it. You know why. Most pizza is a diet disaster. Whole wheat vegan pizza versions aside, it's cholesterol in the hand, inches on the hips, containing none of the foods on my must-eat list.

That, however, doesn't keep me from loving it, which is why I am always happy to find a legal pizza like American Flatbread Pizza, a frozen pizza made with whole grains — and topped with minimal amounts of highly flavored cheeses.

Pizza hounds might fault these delicate, thin-crust pizzas for being small, but I am happy to know that half of this 10-incher is just 230 to 317 calories, which means if I eat it with a salad on the side, it's an entirely legal meal.

The chewy crust is made with organic whole wheat, topped with organic sauce and some of my favorite cheeses: Three Sisters Serena Farmstead Cheese from Lindsay in the Central Valley and Italy's darling, Grana Padano. These pizzas are proof that less really is more so long as you opt for good quality ingredients. American Flatbread Pizza comes in a range of flavors to suit; Tomato Sauce and Three Cheese for tepid eaters, Pistachio for the adventurous. The pizzas can be found in the freezer section at Whole Foods, Draeger's and other specialty grocers. They're about \$6 each.

SUPER GRAIN: I stand corrected. Until last week, I thought that flax was the best plant source for those heart-healthy omega-3s the doctors keep telling us to eat. This week, I discovered a brand new wonder-grain called Salba that out-measures flax and every other food on the planet — even salmon — when it comes to omega-3s.

Even better, this wasn't something I had to cook up and choke down. Instead, this trademarked grain grown in Peru is being sprinkled into a line of pretzels, chips, breads and salsas called Salba Smart — so that all we need to do is sit back and snack. Salba looks like dry yeast and tastes benign, but just one serving of Salba Smart chips delivers 400 mg of omega-3s.

Just in case you are wondering, Salba also provides three times more iron than spinach, 15 times more magnesium than broccoli and six times more calcium than whole milk.

I didn't try the company's breads, but the Salba-laced chips, pretzels and salsas were all terrific. That they deliver health benefits is a bonus. Salba Smart pretzels (\$3.59), salsa (\$5) and chips (\$3.39) can be found at Whole Foods, Berkeley Bowl and Andronico's, or online at www.amazon.com where you can get 120 small, 100-calorie bags of corn chips for \$51.

SWEET FIX: I can't believe I did it. In one sitting I downed not only a cinnamon roll, but also a serving of berry cobbler. I'd be ready for a big fat nap and a pair of bigger pants if those two desserts hadn't been low calorie stand-ins for the real thing, and just 100 calories each.

The desserts, which are really Yoplait Light Thick and Creamy's newest nonfat yogurt flavors, were a whole lot more satisfying than I expected; sweet, rich, thick and yummy. I didn't even notice that they

were sweetened with Splenda until I read the label. I only wish Yoplait had sent more than a single serving. I might have shared. Yoplait Light is 60 to 80 cents per 6-ounces and can be found at most grocery stores.

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