

Stick-to-your-ribs oatmeal

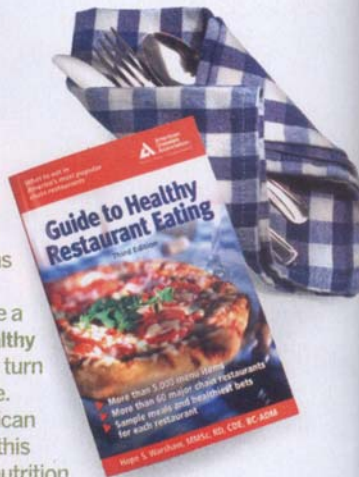
Whole, unprocessed grains are best, but who has time to cook them in the morning? Enter McCann's Quick & Easy Oatmeal, which is slightly more processed than



McCann's slow-cook variety (but less than the quick-cook kind) and faster to prepare. It's microwaveable with two extra steps: Boil a cup of water and pour over oats before cooking; then stir halfway through the 6-minute prep. The result is better flavor and texture in a reasonable amount of time. In supermarkets; \$3.29 to \$3.69 for a 16-ounce box of 11 servings.

Healthy eater's eat-out guide

Considering that more than 60% of Americans eat a restaurant meal or takeout at least once a week, the *Guide to Healthy Restaurant Eating* may turn out to be indispensable. Prepared by the American Diabetes Association, this handy book provides nutrition information from more than 60 chain restaurants. In it, you'll find tips for zeroing in on the healthiest offerings and avoiding the biggest diet busters, plus strategies for navigating menus if you have special health-related food concerns, including diabetes, heart disease, and hypertension, or just want to watch your waistline. In bookstores nationwide; \$18.



Cheery cherries

Tart cherries rank near the top of plant antioxidant rankings. **Cherith Valley Gardens' Spirited Cherries** (whole pitted tart cherries in cherry brandy liqueur) are a winner in gourmet food competitions. We found

that they're wonderfully tart over sorbet or yogurt, not heavily spirited, and just slightly sweet.

Store a jar so you have it on hand to dress up desserts when surprise dinner guests show up. At gourmet stores; 16 ounces for \$10.

—Miriam Lense