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### What's Canadian about the Bacon?

Our packages recently contained Canadian bacon, which prompted a few questions. What's so different about Canadian bacon? What makes it "Canadian"?

Many countries have their own traditional bacons, but we don't use them much. Danish bacon is much more salty, and German and Irish bacons are much more smoky than Americans prefer. Canadian bacon is mild and slightly sweet. Because it is usually precooked it is a better buy. You get more servings per pound, with less preparation needed. Plus, the texture is actually more like ham. Instead of cured and smoked meat from the belly, cheeks, or sides of a pig, Canadian bacon is made from the loin. Loin is very lean meat, all muscle, and not nearly as fatty as our bacon.

That makes a lot of difference in the nutrition. An ounce and a half of Canadian bacon, grilled, has about 87 calories. The same amount of broiled common bacon has a whopping 271 calories! And almost all of those calories come from saturated fat, the kind that sits in our arteries and on our hips.

Both types of bacon have plenty of salt, about 730 mg in a serving. Fatty meats with added salt tend to get strong flavored, almost rancid, in a freezer faster than lean meats do. The less fat that Canadian bacon has means it will keep longer in the freezer than regular bacon does. You can freeze the extra package and enjoy it later.

Canadians, by the way, call the same meat 'back bacon'. But by whichever name, it's a good deal, and a better choice than regular bacon. Use a bit of Canadian bacon to flavor your food, and save your heart.

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