

# Nutrition Action

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CENTER FOR SCIENCE IN THE PUBLIC INTEREST

## HYPE OR HELP?

Headlines to heed...or ignore

Xtreme  
Eating  
Awards  
2016

MISLEADING  
ADS

Calories  
in Alcohol



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MEMO FROM MFJ

# Progress!



In an exciting two-week period, four things happened that will contribute to healthier diets and healthier Americans. I'm proud of what CSPI has done to push these issues forward.

■ **Nutrition facts.** On May 19, First Lady Michelle Obama unveiled an updated Nutrition Facts [label](#). It shows “Calories” in big print and updates some serving sizes.

But perhaps the key change is a new line disclosing how much added sugar—and how much of a day's worth of added sugar—is in a serving of the food. The Daily Value (DV)—50 grams—means that consumers will see that a 20 oz. soft drink, for example, provides 130 percent of a day's added sugar. (Too bad the FDA didn't accept our advice to require that labels list added sugar in teaspoons as well as grams.) Companies have until 2018 to update their labels.

■ **Salt targets.** On June 1, the FDA [proposed](#) targets for reducing sodium in more than 150 categories of packaged and restaurant foods.

Sodium boosts blood pressure and the risk of heart attacks and strokes, and cutting levels by a third to a half would save as many as 100,000 lives every year. Once the FDA finalizes the targets, industry will have two-year

and ten-year goals. The FDA needs to pressure companies to cut the salt by measuring sodium consumption every few years.

■ **Salt shakers.** On May 26, a state judge [allowed](#) New York City to require chain restaurants with 15 or more outlets nationwide to print an image of a salt shaker on menus next to dishes that have more



than the new Daily Value for sodium—2,300 milligrams. While that is a ridiculously high trigger, about 10 percent of meals will end up with a shaker...including the Whole Hog Burger (it comes with fries and onion rings) at Uno Pizzeria & Grill, which contains 9,790 mg of sodium!

■ **Billboards.** On May 17, a California judge [upheld](#) a San Francisco law requiring this notice in soft-drink advertising: “WARNING: Drinking beverages with added sugar(s) contributes to obesity, diabetes, and tooth decay.”

The warning will appear on billboards, bus kiosks, subway cars, and the like,

though not on packages or menus.

It has taken decades, but the feds and a few enlightened cities have finally started to act.

Michael F. Jacobson, Ph.D., President  
[Center for Science in the Public Interest](#)



Bonnie Liebman and I have been making the case for cutting sodium since the 1970s.

## For Women ONLY

- The signs of a **heart attack** or **stroke** are different in women than in men.
- Women have a higher risk of **breast cancer** and **bone and muscle loss**.
- Women are more likely to suffer from **irregularity** and **urinary leakage**.

Here, from the pages of *NAH*, is what women need to know to stay healthy. Visit [NutritionAction.com/women](http://NutritionAction.com/women) or send a check for \$20 and your name & address to CSPI—Women, Suite 300, 1220 L St. NW, Washington DC 20005.



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# HYPE OR HELP?

Headlines to heed...or ignore

BY BONNIE LIEBMAN



## 1 Losing weight slows your metabolism?

"I've put back 104 pounds," Danny Cahill [told ABC News](#) in May.

In 2009, Cahill won Season 8 of the reality TV show "The Biggest Loser" after he dropped from 430 to 191 pounds in seven months.

"I've had people look at me and tell me I ought to be ashamed of myself—because you need to just get your butt up and walk around the block a few times," said Cahill. "Well, it's not that easy."

A new study helps explain why. Researchers tracked 14 of the 16 contestants from Season 8. They had lost an average of 128 pounds during the show.

After six years, the former contestants had gained back an average of 90 pounds, in part because their metabolism had slowed.<sup>1</sup> But that wasn't the big news.

"We knew that weight loss leads to a decrease in resting metabolic rate," says study co-author Erin Fothergill, a researcher at the National Institute of Diabetes and Digestive and Kidney Diseases.



Danny Cahill, before and after he lost 239 pounds on "The Biggest Loser" in 2009...and before he regained more than 100 pounds.

"The case against low-fat milk is stronger than ever," [claimed TIME magazine](#) in April. "This study 40 years ago could have reshaped the American diet. But it was never fully published," [declared the Washington Post](#) soon after. "Extreme weight loss linked to slower metabolism," [reported ABC News](#) in May.

There's no shortage of "surprising new studies!" Which are worth reading about and which belong in the "way-too-preliminary" or the "trash" file?

(Your resting metabolic rate is the number of calories your body needs to keep your heart beating, your lungs inhaling, and everything else it takes to keep you alive.)

The bombshell: the contestants' metabolic rate didn't go back up when the weight came back.

"Despite regaining a substantial amount of weight six years after the competition, their resting metabolic rate did not increase," says Fothergill. "It was about 500 calories a day lower than you'd expect for their new body weight. That was surprising."

In other words, the contestants had to keep eating 500 fewer calories a day than other people their size—possibly forever—or they'd put on even *more* pounds.

Why?

"The biological drivers that resist weight loss persist over the long term," says Fothergill.

Should we warn people who are about to start a diet that losing weight may cut their metabolic rate forever?

"They'll have to

permanently battle the biological mechanisms that drive the body to regain lost weight," says Fothergill.

But most people have less to lose than "The Biggest Loser" contestants.

"We know that losing just 5 to 10 percent of your body weight can have tremendous health benefits," notes Fothergill. And those dieters' metabolic rates are unlikely to slow by 500 calories.

What's more, she says, "most of the people in our study did maintain some weight loss. It just requires very diligent and persistent efforts."

To Danny Cahill, the new findings were a comfort. It's "not an excuse, but at least some of that shame can be lifted," he said.

**Bottom Line:** Keep tabs on your weight, so you'll have less to lose.

## 2 Low-fat milk is harmful?

"The case against low-fat milk is stronger than ever," [announced TIME magazine](#) in April. Huh?

"Some research suggests people who consume full-fat dairy weigh less and are less likely to develop diabetes, too."

TIME's evidence: a new study reported a lower risk of diabetes in people who had higher blood levels of fats that are found in dairy foods.<sup>2</sup>

But the results aren't that simple.

"You can't simply generalize the

results on the blood levels of those fats to the benefits of eating full-fat dairy," says co-author Frank Hu, professor of nutrition and epidemiology at the Harvard T.H. Chan School of Public Health.

"A large amount of dairy fat comes from lower-fat dairy products like 1 or 2 percent-fat milk, yogurt, cottage cheese, etc.," says Hu. So the study could simply have identified people who ate more lower-fat dairy.

Studies that look at what people eat—not what's in their blood—tell a different story.

Researchers recently examined 22 studies that followed roughly 580,000 people for 3 to 30 years.<sup>3</sup>

"We didn't find a lower risk of diabetes in people who drank more milk—whether it was high-fat or low-fat," says Vasanti Malik, of the Harvard T. H. Chan School of Public Health. "The major finding was that yogurt was linked to a lower risk."

She and Hu got similar results in an earlier meta-analysis.<sup>4</sup>

"We found no suggestion whatsoever that high-fat dairy is beneficial for prevention of diabetes," says Hu.

And another meta-analysis found a lower risk only with low-fat dairy.<sup>5</sup>

What's more, when researchers feed people high-fat instead of low-fat dairy, their insulin doesn't start to work more effectively.<sup>6</sup> (When your insulin doesn't work well, you're on the road to diabetes.)

Nor does dairy—high-fat or low-fat—help people lose weight. Malik and Hu looked at 29 trials on 2,100 people.<sup>7</sup>

"We found no long-term benefit of dairy foods on weight loss," says Malik. "Many industry-funded studies show a benefit, but non-industry studies show no impact."

And don't forget calories. A cup of full-fat ice cream like Häagen-Dazs could run you 500 to 600 calories—about twice what you'd get in Breyers or Edy's.

"Some people claim that fat may



Whole milk is healthier? There's no good evidence.

decrease hunger and reduce the consumption of calories, but that's based on a hypothesis, not on evidence," says Hu.

His concern: the saturated fat in full-fat dairy increases the risk of heart disease.

"A healthy dietary pattern like a Mediterranean or DASH diet is low in saturated fat," says Hu. "There is no good evidence to recommend full-fat dairy."

**Bottom Line:** Stick to low-fat dairy.

### 3 Eating at night harms memory?

"Late-night snacking may have a surprising effect on your memory," [warned the Huffington Post](#) in January. "Now, a new study conducted at the University of California, Los Angeles, suggests that late-night eating can wreak havoc on our brains."

Hold on. The headline was about a single mouse study.<sup>8</sup> And mice are nocturnal. They sleep all day and stay active (and eating) at night.

So it's not so surprising that when the

scientists allowed them to eat only during the day, they were worse at remembering things—like which chamber would give them a mild electric shock.

Could that be because the topsy-turvy schedule disrupted their sleep?

"Research on humans is needed to confirm the findings," noted HuffPo.

Ya think?

**Bottom Line:** Ignore until good studies are done on people.

### 4 Carbs fuel cancer?

"Are carbs as bad as red meat and cigarettes when it comes to lung cancer?" asked a [CNN.com headline](#) in March.

As bad?

Smokers are about 25 times more likely than non-smokers to get lung cancer. In the study cited by CNN, people who ate the most carbs that cause a spike in blood sugar had 1½ times the risk of lung cancer of people who ate the least.<sup>9</sup>

What's more, the study asked people who had already been diagnosed with cancer what they typically ate, so having the disease could have changed what they ate or biased what they remembered eating.

And in May, an [article in the New York Times](#) ("An old idea, revived: Starve cancer to death") hinted that sugar makes cancers grow.

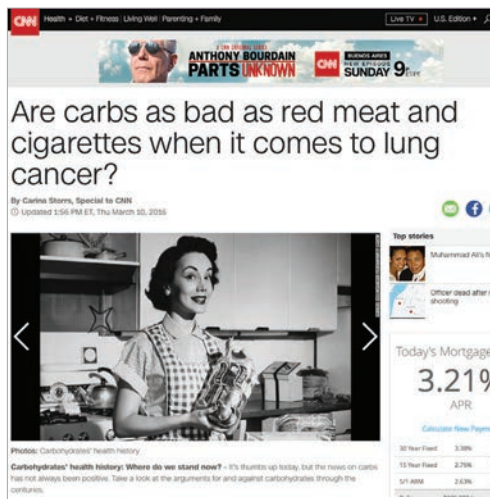
The effects of a sugary diet on colorectal, breast, and other cancer models "looks very impressive" and "rather scary," said Lewis Cantley, according to the *Times*. Cantley, director of the Meyer Cancer Center at Weill Cornell Medical College, "avoids eating sugar as much as he can," noted the *Times*, and has evidence that in some cases "it really is insulin itself that's getting the tumor started."

Yes, people with high insulin levels have a higher risk of breast and colorectal cancer.<sup>10,11</sup> But extra pounds, especially around the waist, are the major cause of high insulin levels over the long term.

And so far, studies have found only limited evidence that people who eat more sugar (or foods that



The study's results: Eating at night is better...for mice.



Carbs cause cancer? The evidence is uncertain.

raise blood sugar the most) have a higher risk of those cancers.<sup>12</sup>

**Bottom Line:** Cut back on added sugars, but don't count on that to prevent or halt the spread of cancer.

## 5 Avoid gluten if you have GI symptoms?

What's the most common reason why people buy gluten-free foods? "No reason at all," says a recent survey.<sup>13</sup>

The respondents' other reasons: they see gluten-free foods as a "healthier option," good for "digestive health" or "weight loss," or they "enjoy the taste." Those reasons were all more common than "gluten sensitivity," which was cited by only 8 percent.

But in a recent study, even GI symptoms like diarrhea or bloating weren't a reliable sign of celiac disease, the autoimmune disorder that makes people unable to tolerate gluten, the protein in wheat, barley, rye, and some other grains.<sup>14</sup>

"Our study asked about abdominal pain, diarrhea, constipation, vomiting, weight loss, irritable bowel



Want to know if you should avoid gluten? Start with a blood test.

syndrome, dyspepsia, GERD, difficulty swallowing, bloating, and distention," says Joseph Murray, a gastroenterologist and celiac expert at the Mayo Clinic. "None were significantly associated with having celiac disease."

The study surveyed roughly 3,200 ordinary Minnesotans. "We were trying to find out where celiac disease is hiding in the community," says Murray. Roughly 1 percent of people have celiac, but more than 80 percent of cases are undiagnosed.

"Unfortunately, we can't use classic symptoms as a way to identify celiac patients," says Murray. Whom would he test?

"I would test liberally—anyone with

an iron deficiency or a family history," he says. "If you have an immediate family member with celiac, tell your doctor."

(Celiac can cause iron deficiency because it cripples the body's ability to absorb some nutrients.)

And don't try a gluten-free diet to see if you feel better before you get tested.

"Once you go gluten-free, a blood test may not pick up celiac disease anymore," cautions Murray.

**Bottom Line:** GI symptoms don't mean that you have celiac disease, and no symptoms doesn't mean you don't.

## 6 Old study disproves fat advice?

"This study 40 years ago could have reshaped the American diet. But it was never fully published," [declared the](#)

[Washington Post](#) in April.

Odds are, it wouldn't have mattered.

The story: Researchers dug up some old data from the Minnesota Coronary Experiment, a 1960s study that randomly assigned patients in mental hospitals to eat a diet high in either saturated fat or the main polyunsaturated fat in corn oil, linoleic acid.<sup>15</sup>

People on the high-poly diet had lower cholesterol, but no lower risk of heart disease or dying, than those on the high-sat-fat diet. So current advice to cut sat fat to reduce cholesterol and heart disease risk "is, at best, unsupported by the massive trial," said the *Post*.

But the Minnesota study [had major flaws](#). For example:

### ■ Too much trans.

The researchers created a special corn oil margarine for the study's high-poly diet.

"Lightly hydrogenated products like that margarine were likely to contain more of the most dangerous trans fats," says Walter Willett, chair of the nutrition department at the Harvard T.H. Chan School of Public Health.

### ■ Not long enough.

People weren't in the study for long. "It lost nearly 75 percent of

its participants within the first year," says Willett. "Only about half of the remaining patients stayed a full three years, which is still a short time to see the effect of diet on arteries."

That's why a 2015 review of saturated fat and heart disease by the highly regarded Cochrane Collaboration excluded the Minnesota Experiment. Although the study lasted three years, the participants "came and went, and [average] follow-up was only 1 year," wrote the Cochrane authors.

Instead, they examined 15 well-designed trials. The result: a 27 percent lower risk of cardiovascular events (like heart attack or stroke) in trials that replaced saturated fats with polyunsaturated fats.<sup>16</sup>



Ignore that old, irrelevant study. Go for the healthy fats in nuts, salad dressings, fish, and oils.



Though the trials showed no lower risk of dying, the authors noted, “this perhaps was not surprising with [average] trial durations of 4 to 5 years.”<sup>17</sup>

Willett’s view: “The recovered data from Minnesota is an interesting historical footnote, but it’s irrelevant.”

**Bottom Line:** Replace saturated-fat-rich foods like red meat, cheese, and butter with polyunsaturated-fat-rich foods like seafood, nuts, soybean oil, and mayo.

## 7 Dump your standing desk?

“Stand to work if you like, but don’t brag about the benefits,” [reported National Public Radio](#) in March.

“Experts say your standing desk is basically useless,” [pro-claimed the Huffington Post](#).

In fact, it wasn’t standing desks—but the studies that tested them—that failed.

The “studies were very poorly designed...and had very few participants,” said a Cochrane review.<sup>18</sup>

The review didn’t find that standing at the desks had no benefits, but that people who had them stood for only about an hour a day. (Most standing desks can be easily adjusted for sitting or standing.)

“Those headlines let the public down,” says James Levine, an endocrinologist at the Mayo Clinic.

“They demoralize people who are making an effort to make themselves healthier. It’s not like getting a gym membership or going to a yoga class once a week. These people have fundamentally changed how they work.”

Could standing desks lead to varicose veins, as the *Huffington Post* suggested?

“It’s not good to stand stock still like a British soldier outside Buckingham Palace for protracted periods of time,” says

Levine. “Blood gets congested in the veins of people who are predisposed to varicose veins.”

But standing still all day isn’t the goal.

“We want people to get up off their bottoms and move,” says Levine. “In order to move, first you have to get up. And preliminary data suggests that a standing desk helps people break up their sitting time and move more.”

What’s more, a standing desk is just one option.

“For some, it’s a standing desk, for some it’s a treadmill desk, for some it’s walk-and-talk meetings, and for some it’s none of the above,” notes Levine.

“We know that sedentary-ness is associated with a catalog of health complications, from metabolic disease like diabetes and heart disease to cancer to poor cognition, and so on.

“And it’s clear that we need much bigger, better, longer studies. But preliminary data suggest that these desks are a very good idea.”

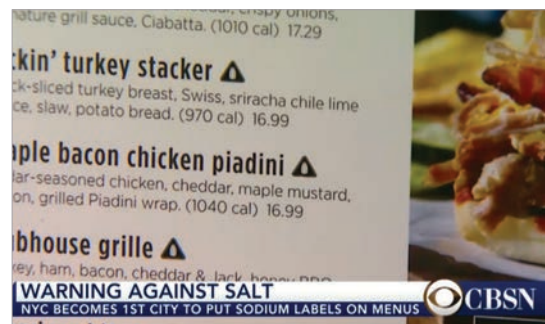
**Bottom Line:** Get up out of your chair at least every hour or two.

## 8 Cutting salt is risky?

“A low-salt diet may be bad for the heart,” [reported the New York Times](#) in May. Here we go again.

In the study of roughly 133,000 people—many from China and India—those who consumed the least salt had a higher risk of death, heart attack, stroke, and heart failure.<sup>19</sup>

“The findings in this study are not valid, and you shouldn’t use it to inform yourself about how you’re going to eat,” responded Mark Creager, president of



Many New York City menus will use salt-shaker symbols to warn patrons about high-sodium dishes.

the American Heart Association and director of the Heart and Vascular Center at Dartmouth-Hitchcock Medical Center.

Illness probably led some of the participants to eat less food...and therefore less sodium. But odds are, the illness, not their lower salt intake, put them at risk.<sup>20</sup>

What’s more, the study used a single urine sample to estimate how much salt people consumed over the long term.

“Low sodium excretion, based on spot urine collections as done in this study, is a misleading measure of usual dietary intake, particularly over a lifetime,” noted Creager.

“The large body of science clearly shows how excessive amounts of sodium in the American diet can cause high blood pressure, which can lead to heart disease, stroke, and even death.”

**Bottom Line:** Follow the advice from the American Heart Association, American College of Cardiology, Centers for Disease Control and Prevention, and other major health authorities to cut back on salt. 🧂



Don’t write off standing desks. More studies are needed.

<sup>1</sup> *Obesity* 2016. doi:10.1002/oby.21538.

<sup>2</sup> *Circulation* 133: 1645, 2016.

<sup>3</sup> *Am. J. Clin. Nutr.* 103: 1111, 2016.

<sup>4</sup> *BMC Med.* 12: 215, 2014.

<sup>5</sup> *Am. J. Clin. Nutr.* 98: 1066, 2013.

<sup>6</sup> *J. Nutr.* 144: 1753, 2014.

<sup>7</sup> *Am. J. Clin. Nutr.* 96: 735, 2012.

<sup>8</sup> *Elife* 2015. doi:10.7554/eLife.09460.

<sup>9</sup> *Cancer Epidemiol. Biomarkers Prev.* 25: 532, 2016.

<sup>10</sup> *Cancer Res.* 75: 270, 2015.

<sup>11</sup> *PLoS Med.* 2016. doi:10.1371/journal.pmed.1001988.

<sup>12</sup> [wcrf.org/int/research-we-fund/continuous-update-project-findings-reports](http://wcrf.org/int/research-we-fund/continuous-update-project-findings-reports).

<sup>13</sup> [hartman-group.com/acumenPdfs/gluten-free-2015-09-03.pdf](http://hartman-group.com/acumenPdfs/gluten-free-2015-09-03.pdf).

<sup>14</sup> *Clin. Gastroenterol. Hepatol.* 13: 1937, 2015.

<sup>15</sup> *BMJ* 2016. doi:10.1136/bmj.i1246.

<sup>16</sup> *Cochrane Database Syst. Rev.* 6: CD011737, 2015.

<sup>17</sup> *Heart* 101: 1938, 2015.

<sup>18</sup> *Cochrane Database Syst. Rev.* 3: CD010912, 2016.

<sup>19</sup> *Lancet* 2016. doi:10.1016/S0140-6736(16)30467-6.

<sup>20</sup> *N. Engl. J. Med.* 2016. doi:10.1056/NEJMsb1607161.

# Exercise to Dodge Cancer?



In case you need another reason to get up and move, scientists now report a lower risk of 13 cancers in active people.

Researchers pooled data on 1.44 million people (aged 19 to 98) from 12 U.S. and European studies that tracked participants for 7 to 21 years. Compared to people who reported doing the least moderate-to-vigorous activity during their leisure time, those who did the most had about a:

- 42 percent lower risk of esophageal cancer (adenocarcinoma),
- 20 to 26 percent lower risk of liver, lung, kidney, stomach, or uterine cancer and myeloid leukemia, and

- 10 to 15 percent lower risk of myeloma, colon, head and neck, rectal, bladder, or breast cancer.

There was no lower risk of 13 other cancers. On the other hand, being more active was linked to a 27 percent *higher* risk of malignant melanoma (probably because of sun exposure) and a 5 percent higher risk of local (but not advanced) prostate cancer. For all but a few cancers—liver, stomach, and uterine—exercise seemed to have benefits beyond keeping off extra pounds. The lower risk of lung cancer was not seen in people who never smoked.

**What to do:** Walk, run, bike, swim, or dance. Just keep moving.

[JAMA Intern. Med. 2016. doi:10.1001/jamainternmed.2016.1548.](#)

## Pomegranate Doesn't Save Prostates

"I'm off to save prostates!" ads for POM Wonderful pomegranate juice used to boast.

That claim was based on a pilot study—funded by the owners of POM Wonderful—that measured PSA levels in men who had undergone surgery or other treatment for prostate cancer. (Rising levels of PSA, or prostate specific antigen, is often a sign of recurring cancer in men treated for prostate cancer.)

"The juice seems to be working," said one of the authors in a 2006 press release. But the study had no placebo group, so there was no way to tell if the pomegranate juice had done anything.

Now the same researchers have published a study—started in 2006—with a placebo group. They randomly assigned 166 men with prostate cancer to drink

either a pomegranate liquid extract or a placebo.

After three years, the researchers reported that the time it took PSA levels to double did not differ in the two groups. (What's more, 30 percent of the men dropped out, typically because their prostate cancer got worse.)

**What to do:** Don't depend on pomegranate juice to slow or stop prostate cancer. In 2015 the Federal Trade Commission forced POM Wonderful to halt other misleading claims like "heart therapy" and "proven to fight for...erectile health."



[Prost. Cancer Prost. Dis. 18: 242, 2015.](#)

## Don't Just Sit There

Brief bouts of walking or simple strength exercises can lower blood sugar and insulin levels in people with type 2 diabetes.

Scientists assigned 24 sedentary overweight or obese adults with diabetes to spend a day sitting for 8 hours or to break up the sitting with either a walk or with strength exercises for 3 minutes every half hour. The strength exercises were half-squats, calf raises, gluteal contractions, and knee raises.

On the days the participants did either walking or strength exercises, they had lower blood sugar, insulin, and C-peptide (a measure of insulin secretion). Only the strength exercises lowered triglycerides.

**What to do:** Get up and move.

[Diabetes Care 39: 964, 2016.](#)

## Google Snacks

At Google, employees have access to free snacks and drinks all day. Does the location of the snacks affect how much people eat?

Researchers monitored a mini-kitchen used by roughly 400 employees in Google's New York offices for 7 workdays. The kitchen had two entrances and two beverage stations (each with a refrigerator and coffee machine). One station was near (6½ feet) and the other was far (17½ feet) from the snack bar, which had a display of M&Ms, chocolates, nuts, cookies, granola bars, chips, pretzels, fresh fruit, and other snacks.

Roughly 20 percent of employees who got a drink from the nearer beverage station—but only 12 percent of those who got a drink from the farther station—also grabbed a snack. The snacks' location seemed to have more impact on men than on women.

**What to do:** Keep your snacks out of sight...or at least out of reach. 🍌

[Appetite 103: 244, 2016.](#)

## What Built It?



“Winners are built with **chocolate milk**, the official recovery beverage of USA Swimming,” says the [TV commercial](#). “Nutrients to refuel. Natural protein to rebuild. Backed by science.”

Really? These swimmers’ abs, arms, and quads weren’t built by years of strenuous workouts? One out of three teens and children are already overweight or obese. Now we want kids to believe that milk with roughly 3 teaspoons of added sugar in every cup will turn them into gold medalists?

Even if the ad were aimed only at adults doing intense, strenuous exercise—as its sponsor, the Milk Processor Education Program, told us—the “science” isn’t what it seems.

The milk-industry group sent us a list of 22 studies to back up its claims. Many gave athletes either chocolate milk or a protein-free sugar drink like Gatorade after a workout. So it’s no surprise that the milk was better for muscle recovery. And that was often recovery *between* two bouts of all-out exercise, not after an ordinary soccer or softball game.

Built with chocolate milk? Not the muscles on *that* swimmer.

## Secret Weapon



Why is **Domino Organic Blue Agave Nectar** a “secret weapon”?

The sugar in agave syrup is more than 80 percent fructose. That’s far more than most high-fructose corn syrup (55 percent fructose) or ordinary sugar (50 percent).

Yes, fructose has a low glycemic index—that is, it raises blood sugar levels less than glucose, the other common sugar—as the labels claim. But fructose may increase the risk

of type 2 diabetes, heart disease, and gout by raising blood triglycerides, liver fat, LDL (“bad”) cholesterol, and uric acid.

Trying to keep *that* secret, Domino?

# BETWEEN

BY LINDSAY MOYER &

**F**ood companies can be so absent-minded. Ever notice how they sometimes forget to include key facts that would make a food look less impressive? Or how they sometimes seem to

*The information for this article was compiled by Leah Ettman.*



## Simply Sneaky

“Introducing all natural **Simply Fruit Punch, Tropical, and Mixed Berry**,” says the [TV commercial](#) for Simply’s juice drinks. “No artificial flavors. Just simple ingredients. Honestly simple.”

Yup. Take Simply Mixed Berry. It’s 90 percent water and sugar. (The rest is cranberry and strawberry juice, blueberry purée, lemon juice, raspberry purée, and natural flavors.) Simply Tropical and Simply Fruit Punch are 85 percent water and sugar. Simple? Yes. Honest? Not so much.



## Full of Something

“Some things are full of hormones,” says the ad for **Oscar Mayer Natural Slow Roasted Turkey Breast**. “We’re not.”

Hold on. Notice the very fine print? “Federal regulations prohibit the use of hormones in poultry,” it says. So *no* turkey has hormones added. Ditto for

chicken and pork.

And see the “no nitrites or nitrates added except those naturally occurring in celery juice and sea salt” on the package? Translation: you’re still getting nitrites and nitrates in Oscar’s Natural.

Some things are full of...fine print.



# THE LIES?

& BONNIE LIEBMAN

remember—at the last minute—that they’ve left something out? So they squeeze in the details in barely legible print on the screen or page. It’s not that companies are trying to trick us. No way.



## Boosting Sales

“Sometimes I just don’t eat the way I should, so I drink Boost to get the nutrition that I’m missing,” says the landscaper working outside in the

[TV commercial](#) for **Boost Original Complete Nutritional Drink**. “I don’t plan on slowing down anytime soon. Stay strong, stay active with Boost.”

So...a perfectly healthy older person who is (presumably) too active to eat three square meals a day needs a 240-calorie bottle of (mostly) water, corn syrup, sugar, milk protein concentrate, and a bunch of vitamins and minerals to stay active?

If you’re healthy enough to eat, you don’t need Boost. And real food, not fortified sugar-and-protein water, is the key to staying that way.

## So Special?



“To feel this special, you need to eat this special,” says the [TV commercial](#) for **Kellogg’s Special K Red Berries**. “Made with whole grains

and fiber to help a body thrive.”

Hello? The cereal is made with more white rice than whole-grain wheat, and every one-cup serving is sweetened with about two teaspoons of added sugar.

As it turns out, many other Special K cereals—Chocolatey Delight and Cinnamon Pecan, for example—also have more white rice than whole grains. Original Special K has *no* whole grain.

Eating a bowl of mostly white rice and sugar makes you feel special?

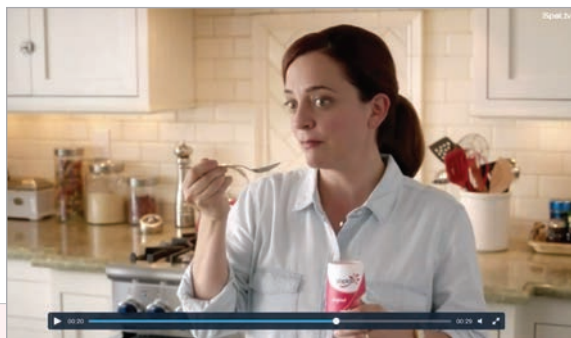
## Mmm, Sugar

“Mmm,” says the family again and again in the [Yoplait commercial](#). “Milk, fruit, cultures...Mmm, Yoplait.”

Oops. Yoplait forgot to mention the sugar.

**Yoplait Original** yogurts now have “25% less sugar,” say the labels. But the Original Strawberry that’s featured in the ad, for example, has more added sugar than strawberries.

Yoplait also forgot to mention the modified corn starch, gelatin, natural flavor, pectin, and carmine (a red coloring derived from bugs). Just a minor oversight.



## Getting Real

“Rise and shine on. And on and on and on,” says the ad for **Jimmy Dean Delights Turkey Sausage, Egg White & Cheese English Muffin Made with Whole Grain**. “Packed with protein and made with real ingredients.”

The list of ingredients does

go on and on. The English muffin is

• 650mg of sodium • 5g of whole grains • N

mostly real white flour—it’s got only 5 grams of whole grain, says the ad’s tiny white type—plus some real high-fructose corn syrup.

Then there’s the real egg whites (mixed with real modified tapioca starch and real carrageenan gum), real mechanically separated turkey (seasoned with real salt, real sugars, real phosphates, and real caramel color), and real processed American cheese.

Really? 🍌

# BOTTOMS UP?

BY LINDSAY MOYER

**A**h, summer. Ice cold beer. Chilled white wine. Sangria.

What's the damage to your waistline? It's a guessing game.

Labels for most beer, wine, and other alcoholic beverages aren't required to list calories...or even ingredients. (You can thank the U.S. Treasury Department for that industry-friendly rule. We fought—and lost—that battle.)

We compiled these numbers from websites and labels, and by contacting companies. Don't see your favorite? For a chart with twice as many beverages, go to [NutritionAction.com/alcohol](http://NutritionAction.com/alcohol).

Just keep in mind that alcohol is responsible for 88,000 deaths in the United States each year. It's a factor in about 60 percent of fatal burns, drownings, and homicides, 50 percent of severe trauma injuries and sexual assaults, and 40 percent of fatal motor vehicle crashes, suicides, and fatal falls.

These calories are for a 12 oz. can or bottle. Ordering a draft pour (typically 16 to 20 oz.)? Get out the calculator.

Beer's calories come mostly from its alcohol and its carbs. Budweiser Select 55 and Miller 64 slash the calories by lowering the alcohol to 2 to 3 percent and the carbs to 2 grams.

Most light beers are 4 percent alcohol and have about 5 grams of carbs.

Most regular beers start at around 5 percent alcohol and have around 12 grams of carbs.

Higher-alcohol beers—like some India Pale Ales (IPAs) and Belgian-style Trippels—can hit 7 to 10 percent alcohol. Drink one, and you get twice as much alcohol as you'd get from a light beer...or some regulars.

Their alcohol gives them more calories than most sodas.

Flavored malt drinks have more calories than most beers. Why? Added sugar.

Most alcohol labels don't list ingredients, so some drinks without a superscript <sup>S</sup> may also contain artificial sweeteners.

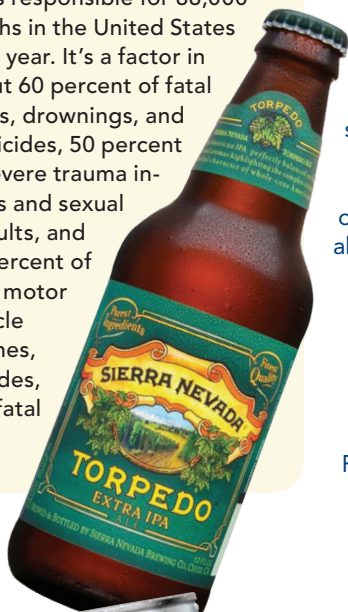
Light? Ounce for ounce, you get more than twice the calories of Coke.

## Beer (12 oz.)

	Calories
Budweiser Select 55	55
Miller 64	64
Michelob Ultra Amber	90
Coors Light, Corona Light, Michelob Ultra, Miller Lite, or Natural Light <sup>1</sup>	100
Bud Light or Miller High Life Light <sup>1</sup>	110
Bud Light Lime	120
Sam Adams Light	120
Abita—Purple Haze or Strawberry Lager <sup>1</sup>	130
Guinness Draught	130
Leinenkugel's Summer Shandy	130
Heineken, Miller High Life, or Pabst Blue Ribbon <sup>1</sup>	140
Omission Lager	140
Yuengling Traditional Lager	140
Budweiser	150
Corona Extra	150
Stella Artois	150
Yuengling Black & Tan	150
Allagash—Saison or White <sup>1</sup>	160
Hoegaarden	160
New Belgium Fat Tire Amber Ale	160
Blue Moon Belgian White	170
Brooklyn Brewery Brooklyn Lager	170
Redd's Apple Ale	170
Samuel Adams Summer Ale	170
Victory Prima Pils	170
Blue Moon Harvest Pumpkin Ale	180
Omission Pale Ale	180
Samuel Adams Boston Lager	180
Shock Top Wheat—Honeycrisp Apple or Raspberry <sup>1</sup>	180
Sierra Nevada Pale Ale	180
New Belgium Ranger IPA	190
Samuel Adams—Octoberfest or Winter Lager <sup>1</sup>	190
Samuel Adams Rebel IPA	200
New Belgium Trippel Belgian Style Ale	220
Boulevard Tank 7 Farmhouse Ale	230
Sierra Nevada Torpedo Extra IPA	240
Allagash Black Belgian Style Stout	250
Victory Golden Monkey	270
Brooklyn Brewery Black Chocolate Stout	320

## Malt Beverages & Hard Sodas (11-12 oz., unless noted)

Mike's Lite Hard Lemonade	150
Henry's Hard Orange Soda	190
Bud Light Lime Straw-Ber-Rita (8 oz.) <sup>S</sup>	200
Smirnoff Ice Original	200
Best Damn Cherry Cola	210
Bartles & Jaymes Fuzzy Navel	220
Bud Light Lime Lime-A-Rita (8 oz.)	220
Henry's Hard Ginger Ale	220
Mike's Hard Lemonade	220
Mike's Hard Mango Punch	230
Best Damn Root Beer	240



# Keeping tabs on calories in booze

Hard Cider (12 oz.)	Calories
Michelob Ultra Light	120
Crispin Original	150
Stella Artois Cidre	180
Angry Orchard Crisp Apple	190

Hard ciders may be gluten-free, but they have no fewer calories than beer.

Wine (6 oz., unless noted)	Calories
Skinnygirl <sup>1</sup>	120
Red (Merlot, Pinot Noir, Syrah, Zinfandel, etc.) <sup>1</sup>	150
White (Chardonnay, Pinot Grigio, Riesling, etc.) <sup>1</sup>	150
Skinnygirl Sangria	160
Sweet dessert (3.5 oz.)	170
White, late harvest	210

A typical restaurant pour is 6 oz. of wine. If you're served 9 oz., add 220 calories to your meal.

Non-Alcoholic (12 oz., unless noted)	Calories
Fre Alcohol-Removed Wine (6 oz.) <sup>1</sup>	60
O'Doul's Non-Alcoholic Brew	70
St. Pauli N.A.	90

Very little alcohol remains, so you only get calories from carbs.

Liquor & Liqueur (1.5 oz.)	Calories
Pimm's No. 1	80
Gin, rum, tequila, vodka, or whiskey <sup>1</sup>	100
Baileys Irish Cream	140
Crème de menthe	190

This number applies to gin, rum, etc., that's 80 proof (40 percent alcohol). The higher the proof, the higher the calories.

Packaged Mixed Drinks (1 serving, with alcohol)	Calories
Mr & Mrs T Original Bloody Mary Mix (6 oz.)	90
Jose Cuervo Light Classic Lime Margarita Mix (6 oz.) <sup>5</sup>	100
Daily's Light Frozen Margarita (10 oz.) <sup>5</sup>	180
Mr & Mrs T Whiskey Sour Mix (5 oz.)	200
Jose Cuervo Original Classic Lime Margarita Mix (6 oz.)	220
Master of Mixes Mojito Mixer (6 oz.)	240
Daily's Frozen Strawberry Daiquiri (10 oz.) <sup>5</sup>	280
Daily's Frozen Piña Colada (10 oz.) <sup>5</sup>	290

Tip: Bloody Marys are mostly salty tomato juice. This mix has 650 milligrams of sodium—more than a third of a day's worth.

In "light" mixes, artificial sweeteners often replace some (or all) of the added sugar.

These freezable pouches pack 10 teaspoons of added sugar.

Restaurant Mixed Drinks	Calories
California Pizza Kitchen Irish Coffee	160
Red Lobster Martini	160
Red Lobster Cosmopolitan	170
Red Lobster—Manhattan or Old Fashioned <sup>1</sup>	170
California Pizza Kitchen Moscow Mule	180
Chili's or Red Lobster—Long Island Iced Tea <sup>1</sup>	200
Olive Garden—Peach Bellini or Sangria <sup>1</sup>	240
Chili's CoronaRita Margarita	290
Olive Garden Frozen Margarita <sup>1</sup>	340
Red Lobster Chocolate Martini	340
Red Lobster Bahama Mama	380
Red Lobster Mudslide <sup>2</sup>	520
Red Lobster Alotta Colada <sup>3</sup>	580
Red Robin Irish Beer Shake <sup>2</sup>	780

Most restaurant chains don't disclose calories for their mixed drinks. These numbers are from a few that do.

Most mixed drinks rack up the calories from syrups, juices, and other sugars. One exception: regular (not chocolate) martinis.

Beware of belt busters like the Mudslide (frozen Kahlúa, Baileys, vodka, chocolate), Alotta Colada (coconut, rum, pineapple juice), and Irish Beer Shake (beer, whiskey, soft serve ice cream, chocolate). Why not call it a Beer Belly Shake? 🍷



<sup>1</sup>Average. <sup>2</sup>Contains 13 grams of saturated fat. <sup>3</sup>Contains 7 grams of saturated fat. <sup>5</sup>Contains acesulfame-potassium and/or sucralose. Note: Most calories have been rounded to the nearest 10.

Sources: company information and USDA. The use of information from this article for commercial purposes is strictly prohibited without written permission from CSPI.



# You Say Tomato...

BY KATE SHERWOOD

July. Tomatoes. 'Nuff said. 🍅

Got a question or suggestion? Write to Kate at [healthycook@cspinet.org](mailto:healthycook@cspinet.org).



## Summer's Best Tomato Salad

- 1 Tbs. balsamic vinegar
- 1 Tbs. extra-virgin olive oil
- ¼ tsp. kosher salt
- kernels from 1 ear of corn
- 2 cups chopped tomato
- 1 avocado, chopped
- ¼ cup basil, chopped
- 2 cups baby arugula

In a large bowl, whisk together the vinegar, olive oil, and salt. • Gently toss with the corn, tomatoes, avocado, basil, and arugula. • Serves 2.

Per serving (2 cups): calories 260 | total fat 18 g | sat fat 2.5 g | carbs 25 g | fiber 8 g | protein 5 g | sodium 270 mg



## Tomato Pesto

- 1 pint cherry tomatoes or 2 cups chopped fresh tomatoes
- 1 cup basil
- 1 clove garlic, minced
- ¼ cup pine nuts, well toasted
- ¼ cup extra-virgin olive oil
- ¾ tsp. kosher salt
- ½ lb. pasta
- ½ lb. chopped broccolini or broccoli florets

Put a large pot of water on to boil. • Combine the tomatoes, basil, garlic, pine nuts, olive oil, and salt in a food processor. Process until the ingredients are well combined into a sauce. (It will be thin. That's fine.) • Boil the pasta according to the package instructions. One minute before the pasta is done, add the broccolini. • Drain the pasta and broccolini well and return them to the pot on low heat. Add the sauce and stir until hot, about 1 minute. • Serves 4.

Per serving (1½ cups): calories 370 | total fat 19 g | sat fat 2.5 g | carbs 46 g | fiber 8 g | protein 11 g | sodium 400 mg



## Tomato Herb Pita Salad

- 1 6-inch whole wheat pita, toasted until crisp
- 3 Tbs. extra-virgin olive oil
- 1½ Tbs. red wine vinegar
- ¼ tsp. salt
- 1 cup chopped cucumbers
- 2 cups chopped tomatoes
- ¼ cup cilantro and/or mint, chopped
- ¼ cup flat-leaf parsley, chopped
- ¼ cup dill, chopped
- 2 scallions, sliced

Break the pita into small pieces. • In a large bowl, whisk together the oil, vinegar, and salt. • Toss with the cucumber, tomatoes, herbs, scallions, and pita. • Serves 2.

Per serving (2 cups): calories 280 | total fat 21 g | sat fat 3 g | carbs 21 g | fiber 4 g | protein 4 g | sodium 350 mg





RESTAURANT CONFIDENTIAL

# TREME EATING 2016

BY LINDSAY MOYER & BONNIE LIEBMAN

**P**ile it on. That's the strategy du jour of some restaurant execs. More layers, more combos, more 3,300-calorie "appetizers."

And why invent a brand new dish, when you can mix and match what's already in the kitchen? We're talking mac & cheese sandwiches, fried cheesecake nachos, cheeseburger egg rolls, and fried chicken & waffle benedicts.

It's not like America has a weight problem or anything. Nah.

*The information for this article was compiled by Leah Ettman.*



## Build-a-Belly

"Want more than one app?" asks **Applebee's** (1,870 locations). Its

solution to this pressing need: a **Build Your Sampler** with two to five "handpicked" appetizers or bar snacks. Take these five:

- **Cheeseburger Egg Rolls.** White-flour wrappers stuffed with ground beef and cheddar totals 630 calories.
- **Brew Pub Pretzels & Beer Cheese Dip.** It squeezes 510 calories' worth of white flour and beer-cheese dip onto your plate.
- **Chicken Quesadilla.** How about (drumroll) more white flour and cheese plus chicken for another 610 calories?
- **Boneless Wings with Classic Buffalo Sauce.** A 440-calorie classic. (Don't forget to add the 240 calories of bleu cheese dressing.)
- **Spinach & Artichoke Dip.** With tortilla chips, it rings up 960 calories (plus 14 grams of sat fat and 3,980 mg of sodium).

Congrats. You've graced your table with 3,390 calories, 65 grams of saturated fat, and 11,650 milligrams of sodium. Share with a friend, and you each get 1,700 calories. Split it *four* ways, and everyone polishes off 850 calories—about what you'd get in an Applebee's Classic Burger with cheddar cheese.

And that's *before* the entrées arrive.



## Marco Roly-Poly

There's nothing like a romantic dinner with your sweetie.

Take **Marco's Meal For Two at Maggiano's Little Italy** (51 locations). After the complimentary white-flour rolls, you choose an appetizer or flatbread or two side salads, move on to two "Classic" pasta dishes, and end with a dessert...plus two more classic pastas to take home. Such a deal!

Let's say you and your date skip the rolls and go with the 1,530-calorie **Mozzarella Marinara** appetizer, the 1,400-calorie **Taylor Street Baked Ziti** (with Italian sausage) and 1,560-calorie **Fettuccini Alfredo** as your pasta dishes, and the 1,180-calorie **Warm Apple Crostada** for dessert.

Each of you shuffles out of the restaurant with roughly 2,840 calories plus a four-day supply of saturated fat (79 grams) and sodium (6,390 mg). And don't forget the 11 teaspoons of sugar from the Crostada.

Of course, you could wrap some up to take home...except you're already taking home two more pasta dishes for tomorrow (or next week, when you get hungry again).

If you pick the 1,020-calorie **Mom's Lasagna** and the 1,250-calorie **Spaghetti & Meatball with Meat Sauce** (yes, just one meatball...because it's about the size of a baseball), you've got another load of white flour seasoned with about 3,300 mg of sodium waiting for you tomorrow. And Mom's Lasagna comes with a bonus 31 grams of sat fat. (Thanks, Mom.)

How romantic.

## Hollandoozy

“Sundays were made for **Fried Chicken & Waffles Benedict**,” tweeted **The Cheesecake Factory** (189 locations) earlier this year. “What brunch hybrids are you craving?”

If your list includes a “Belgian waffle topped with crispy fried chicken strips, poached eggs and Hollandaise” served with maple-butter syrup and (usually) a side of breakfast potatoes, The Cheesecake Factory has your number.

True, that number comes to more than a day’s calories (2,580), a four-day supply of sat fat (86 grams—compliments of the Hollandaise and butter syrup), two days’ worth of sodium (3,390 mg), and 15 teaspoons of (mostly added) sugar.

It’s like eating *two* Marie Callender’s one-pound Chicken Pot Pies topped with half a stick of butter and a quarter cup of maple syrup.

But what are Sundays for if not to stock up on fat cells that you can—okay, probably won’t—burn by next weekend?



## Dave & Gut Buster’s

### Dave & Buster’s

mission is to create “frequent fun” with “the latest and greatest games, ultimate sports-viewing, extraordinary food and remarkable drinks.” Think



of the 83-location chain as Chuck E. Cheese’s for adults.

You can see why the **Short Rib & Cheesy Mac Stack** is such fun. Was it Dave or Buster who thought of stuffing mac & cheese and short rib into a sandwich? Not enough carbs from the “thick slices of sourdough” (white) bread and pasta? No worries. The Stack comes with a side of “crispy seasoned tots.”

Your “fan favorite” comes to 1,910 calories (done for the day!) and two days’ worth of sat fat (42 grams) and sodium (3,390 mg). It’s like eating three McDonald’s Big Macs and a medium fries, plus an extra half day’s sat fat. What fun!

## Candy Crush

“SONIC’s craveable, icy slush made with sippable candy!” That’s how **SONIC** (“America’s Drive-In,” with 3,526 locations) describes its **Candy Slushes**.

Craving the **RT 44 Grape Slush with Rainbow Candy**? You’re adding 370 calories’ worth of candy to a 44 oz. sugar slurry. The tab: 970 calories.

You might as well pour 1¼ cups of sugar into your Styrofoam cup, though you’d need some Red 40 and Blue 1 food dyes and artificial flavors to make it “grape.” It’s like downing three XL (40 oz.) Fanta Wild Cherry Slurpees at 7-Eleven.

And for “Happy Hour” (2 to 4 p.m.), SONIC slushes are half price!

America’s Drive-In does its part to expand America’s waistline.

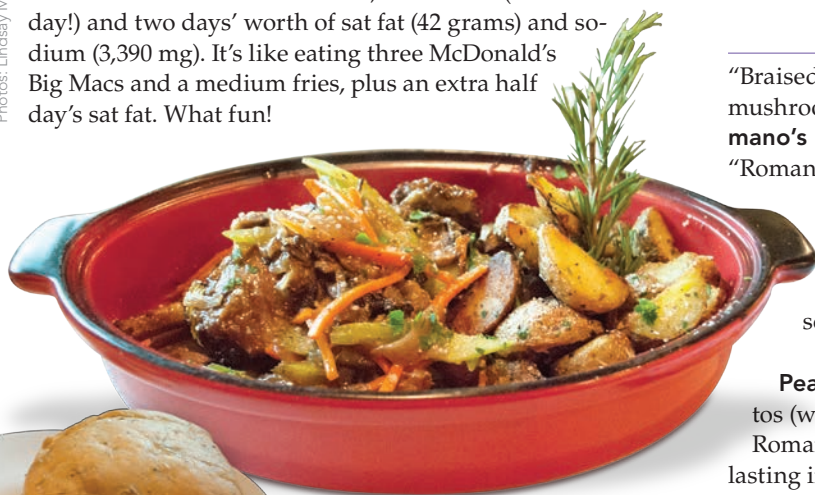


## No Shanks

“Braised pork shank, marsala wine sauce, caramelized onions, mushrooms, roasted parmesan potatoes,” says the menu at **Romano’s Macaroni Grill** (136 locations). Its **Cremeni Pork Shank** is a “Romano’s House Favorite.”

You can see why. Who could pass up two pounds of pork, potatoes, etc., that supply 1,800 calories, 43 grams of sat fat, and 3,700 mg of sodium? It’s like eating two Outback Steakhouse 10 oz. Ribeye Steaks, each with a side of seasoned french fries.

Add the complimentary 480-calorie (white-flour) **Rosemary Peasant Bread**, and it’s like eating two Chipotle Carnitas Burritos (with pork, rice, beans, sour cream, cheese, and salsa). Romano’s is proud of serving “unforgettable meals that leave a lasting impression,” says the chain’s website. Look for it on your bathroom scale.



## Hog Wild

“Think you can handle this **Whole Hog Burger?**” asks the menu at **Uno Pizzeria & Grill** (129 locations). “OVER A POUND OF MEAT. Hamburger, sausage, bacon, prosciutto and pepperoni. PLUS—Four types of cheese, garlic mayo & pickles. With fries & onion rings. Extra napkins free!”

Extra calories, too! Enough to hit 2,850—more than a 24-hour supply. And don’t forget the three days’ worth of sat fat (62 grams), *six-day* stockpile of sodium (9,790 mg), and white-flour bun! You might as well eat four McDonald’s Quarter Pounders with Cheese and two medium fries doused with 18 packets of salt. In March, Uno asked its social media followers to “share their Whole Hog Burger Experience” on Facebook. Among the prizes: a free Whole Hog Burger every month for a year. Holy cow.



## Giant Mistake

“Our Chipotle Cheese Steak is sure to put a pep in your step,” says **Jersey Mike’s Subs**, the fastest-growing major U.S. restaurant chain (1,125 locations). “Made with freshly grilled steak, melted white American cheese, peppers and onions, then drizzled with our spicy chipotle mayo.”

It’s not clear if you’ll feel peppy or sleepy after swallowing the 1,850-calorie, 14-inch **Giant Chipotle Cheese Steak** on a white-flour roll stuffed with 30 grams of sat fat and 4,330 mg of sodium. It’s like eating *two* Subway foot-long Roast Beef subs. And that’s if you don’t spring for a “Giant Combo” and add a 240-calorie bag of Lay’s chips and 400-calorie (32 oz.) Pepsi.



## Restaurant Survival Tips

- **Order from the “light” menu.** Try The Cheesecake Factory’s “SkinnyLicious,” Applebee’s “Lighter Fare,” or Dave & Buster’s “600 or under” dishes. (Heads up: Many of Maggiano’s “Lighter Take” dishes have 800 to 1,000 calories.)
- **Bypass the appetizer.** Why order 1,000 calories before dinner? Start with a green salad (and no bread) instead.
- **Skip the beef burgers.** Try a grilled chicken or veggie burger.
- **Lose the bun.** Many chains will wrap your burger, sub, or sandwich in fresh lettuce or turn it into a salad (Jersey Mike’s calls it a “Sub in a Tub”). Or at least ask for a whole-grain bun or bread.
- **Veg out.** Fill half your plate with fruit or vegetables (potatoes don’t count). Make the rest lean protein and whole grains.
- **Doggy bag it.** Bring home half your entrée for tomorrow. 🍴

## Nacho No-No

“Wings. Beer. Sports.” That’s what you get at **Buffalo Wild Wings** (1,052 locations), which calls itself B-Dubs.

And **Dessert Nachos**.

It’s a “crispy flour tortilla sprinkled with cinnamon and sugar, loaded with ice cream and our gooey breaded cheesecake bites, all topped with chocolate and caramel sauce.”

Yup. There’s nothing like a giant white-flour tortilla fried in beef tallow and topped with 30 teaspoons of sugar (from the ice cream, cheesecake bites, and sauces).

Surely, you have room for its 2,100 calories and 64 grams of saturated fat *after* your wings. And don’t forget the 5 grams of trans fat. (Most of it likely occurs naturally in the beef tallow, but odds are, it’s no less damaging.)

It’s like eating four Taco Bell Crunchy Tacos (filled with beef and cheese) topped with a (14 oz.) container of Häagen-Dazs Vanilla Ice Cream and two melted Hershey’s Milk Chocolate bars.

“Start your meal with nachos. End it with dessert nachos,” wrote B-Dubs on Facebook in 2015. “It’s the circle of nacho life.” Could end up being a pretty small circle.





## RIGHT STUFF

### Lickety Split Lentils



What can you do in half an hour? Read the paper. Take the dog out. Make a pot of lentils.

Scratch that last one.

**TruRoots Organic Accents**

**Sprouted Lentil Trio** goes from bag to plate in 12 minutes.

Just add 1 cup of the multi-colored lentil mix to 3 cups of boiling water, reduce the heat and simmer for 8 minutes,

remove from the stove, cover, and let stand for 4 minutes.

That's double the times listed on the package, which are okay if you like your lentils on the crunchy side.

Why *sprouted* lentils? Sprouting reduces the cooking time. (Don't worry about warnings to avoid raw sprouts. These are dried...and you boil them.)

Fiber, protein, copper, iron, and folate never tasted so good. Bonus: eating lentils or beans regularly can help lower LDL ("bad") cholesterol.

Just follow the suggestions on the back of the package. Add some chopped herbs and your favorite vinaigrette, with or without some chopped carrots, cukes, tomatoes, scallions, or other veggies.

Or stir some into your soup or add some to a tossed salad. Or try our Dish of the Month.

You'll still have plenty of time to get to that paper.

[truroots.com](http://truroots.com)—(800) 288-3637



## FOOD PORN

### Strombalooza

Your train is late. Your flight is delayed. You're on the interstate or at the mall with no better options.

Sooner or later, you might find yourself at a **Sbarro** (motto: "Making white flour, cheese, and meat look like different



dishes since 1956").

How about a handy, compact **Pepperoni Stromboli**?

"Melly mozz and pepperoni are wrapped in hand-stretched dough and baked to perfection," notes Sbarro's website.

Surprise! *Two* slices of the chain's XL New York Cheese Pizza would inflict less damage to your waistline (or your cardiologist's bill) than a single Pepperoni Stromboli.

Get ready for half a day's calories (900), a full day's saturated fat (19 grams), and 1+ days' sodium (1,940 milligrams). It's like eating 1½ Pizza Hut Pepperoni Personal Pan Pizzas.

Even a Spinach Stromboli has 740 calories' worth of—spoiler alert—(mostly) white flour and cheese.

"We've got your one-handed-eating solution with our Stromboli!" said Sbarro's Facebook page in April.

Good thing. Your other hand is going to be busy trying to punch another hole in your belt.

[sbarro.com](http://sbarro.com)—(800) 766-4949

## DISH of the month



### Lentil Salad in a Flash

Whisk together 2 Tbs. balsamic vinegar, 2 Tbs. olive oil, 1 Tbs. reduced-sodium soy sauce, ½ tsp. brown sugar, and ¼ tsp. black pepper. Toss with ¼ cup minced red onion and 1 cup each cooked lentils, chopped roasted red pepper, and chopped arugula or spinach. Serves 4.

## quick tip

To make raw red or sweet onions less pungent, slice or chop them, then soak them in ice water for five minutes. Drain well and add to your salad or sandwich. Mmm.