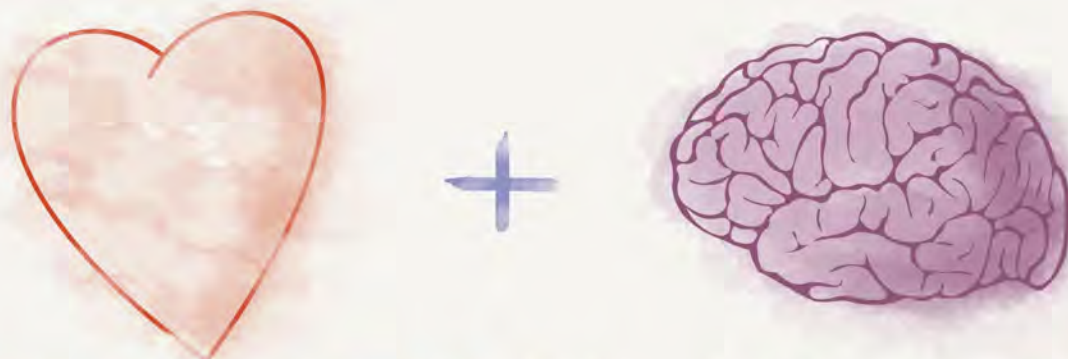


# Nutrition Action

MARCH 2015 \$2.50

HEALTH LETTER®  
CENTER FOR SCIENCE IN THE PUBLIC INTEREST

## HEARTS & MINDS

Protect both with a diet that's overlooked

One out of three adults have hypertension, but only half of them have their blood pressure under control. Another one out of three have prehypertension. Hypertension raises the risk of strokes, heart attacks, kidney disease, dementia, and more.

If there were a diet that could cure high blood pressure in four weeks, you'd think everyone would know about it.

There is...and they don't. As it turns out, it's the diet recommended by the American Heart Association and the American College of Cardiology.

Here's the backstory on the healthiest diet that's hidden in plain sight.

*Continued on page 3.*

# Crystal Ball 2015



I'm going to crank up my crystal ball for you, because I have a strong sense that 2015 is going to be a turbulent year.

Every five years, the government updates its *Dietary Guidelines for Americans*, our nation's official nutrition policy. The next version is

due late this year. To help prepare the report, the U.S. Departments of Agriculture and Health and Human Services convened an advisory committee of academics who reviewed the latest science. Last December, the committee issued a sneak preview of its report, and, believe you me, it lays the groundwork for a couple of big battles.

I don't agree with every bit of the committee's advice, but I like its bottom line: consume more fruits, vegetables, whole grains, and seafood. It also advises Americans to eat less sugar and meat, and that's got both industries fuming.

Previous *Guidelines* have recommended eating more lean meat, not less meat. In the eyes of the meat industry, "less" is a fighting word. It reminds me of 1977, when the cattle industry forced a Senate committee to tone down a similar recommendation. (The industry then campaigned against, and helped defeat, the committee's chair, George McGovern.)

For the first time, the *Guidelines* committee has also recommended that people consume no more than 10 percent of their calories from added (refined) sugars. (Our average intake is about 16 percent.) The sugar industry isn't pleased. I was delighted that the panel also said that Nutrition Facts labels should list added sugars in teaspoons, not just grams. CSPI has long pushed for that clearer labeling to help people avoid too much of the sugars that promote obesity, diabetes, heart disease, and tooth decay.



Eat less meat? Not if the beef industry has anything to say about it.

Meanwhile, Congress, which rarely allows science to trump politics, has told the government that the *Dietary Guidelines* should not discuss the sustainability of the food supply. Producing beef requires more energy and pollutes the environment more than any other food, so you can guess who was behind that directive.

On a separate front, we and other health advocates had to fight off congressional proposals to roll back some of the progress that

has been made in providing healthier school meals. We largely dodged that bullet, but 2015 will be a tougher road as Congress revisits the child nutrition programs.

Congress did bend to the wishes of the potato industry, however. In 2009, the USDA took fresh white potatoes off the list of foods available

to mothers in the WIC (Women, Infants, and Children) program because they already eat plenty of potatoes.

That infuriated the National Potato Council (yes, there really is one), which got senators from potato-growing states to stand up for the industry's financial interests. When Congress caved last December and allowed potatoes into the WIC program, Agriculture Secretary Tom Vilsack noted wryly, "When it comes to children's health, I've got much more confidence in pediatricians than politicians."

Expect more dustups in 2015. Republican Senator Roy Blunt of Missouri has already introduced legislation to exempt supermarkets, convenience stores, and pizza chains from new rules requiring chain restaurants to list calories on menus...as if pizza's calories didn't count!

Michael F. Jacobson, Ph.D.  
Executive Director  
Center for Science in the Public Interest

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Photo: © John Casey/fotolia.com.

# HEARTS & MINDS

## Protect both with a diet that's overlooked



**Frank M. Sacks** is professor of cardiovascular disease prevention at the Harvard T.H. Chan School of Public Health and professor of medicine at the Harvard Medical School. He is also

a senior physician at Brigham and Women's Hospital in Boston and a member of *Nutrition Action's* Scientific Advisory Board. Sacks has published more than 220 papers, including several landmark trials on diet and risk of disease. He spoke to *NAH's* Bonnie Liebman.

### DASH

#### **Q: Can a DASH diet really cure high blood pressure in four weeks?**

**A:** In many people, yes. The diet we tested in the 1997 Dietary Approaches to Stop Hypertension study lowers blood pressure as much as drug treatment. That was true regardless of age, sex, weight, or race, though we didn't test people older than age 76.

The DASH diet is actually superior to drug treatment if you also cut salt, as we did in a 2001 study called DASH-Sodium.

#### **Q: How did the DASH study start?**

**A:** Before DASH, we had looked at whether individual nutrients like potassium, calcium, magnesium, fiber, and plant protein could lower blood pressure, and we didn't find much of an effect. The idea with DASH was to look at the diets of vegetarians and other people around the world with low blood pressure and create a similar diet that would be acceptable to Americans.

The foods we found in populations with low blood pressure were primarily fruits, vegetables, fish, nuts, and whole

grains. And they ate very little red meat, sugar-containing beverages, and desserts.

#### **Q: The DASH diet isn't just rich in fruits and vegetables?**

**A:** No. The DASH study pitted two diets against a typical American diet. One diet only had extra fruits and vegetables, and it did lower blood pressure. However, the full DASH diet lowered it even more. The full DASH diet had more fruits and vegetables and low-fat dairy foods, fewer sweets, and less saturated fat and cholesterol than a typical American diet. It was rich in potassium, magnesium, calcium, fiber, and protein. [See p. 7.]

#### **Q: Why is a DASH diet so good at lowering blood pressure?**

**A:** We're not sure. We know that a high potassium intake promotes sodium excretion. Since most people are not eating very-low-sodium diets, that's an important mechanism.

And Italian researchers have found that a Mediterranean diet—which is similar to the DASH diet—made blood vessels produce more nitric oxide, which causes them to relax. The DASH diet also decreases resistance in the small blood vessels. [See p. 5.]

#### **Q: What kind of resistance?**

**A:** Our very small blood vessels—ones that are almost small enough to be capillaries—have muscular walls so they can contract and expand. Blood pressure goes up partly because those

blood vessels don't expand, or relax, enough. So it takes more pressure to push blood through them.

The DASH diet makes the tiny vessels more compliant—in other words, they relax a little bit more. That lowers blood pressure.

#### **Q: Does resistance in large blood vessels also raise blood pressure?**

**A:** Yes. The big arteries also relax to accommodate the flow of blood. But as people get older, their arteries get stiffer, and that increases systolic blood pressure. Systolic is the pressure on blood vessel walls during heart beats. Diastolic is the pressure between beats.

A DASH diet or a low-sodium diet allows stiff arteries to expand. It restores the normal functioning of arteries even if they are stiff with age.

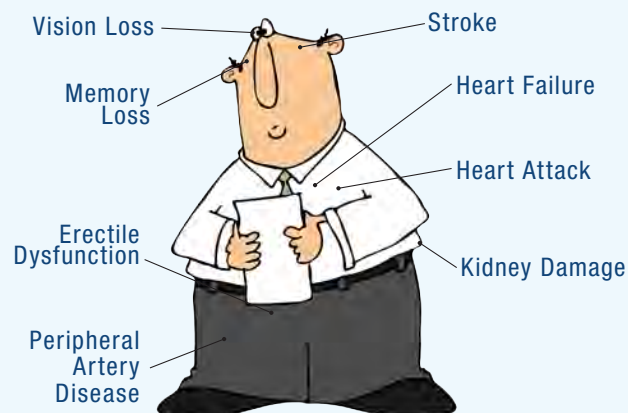
#### **Q: A DASH diet and a low-salt diet each lowers blood pressure independently?**

**A:** Yes. After the original DASH study, we tested the DASH diet and a typical American diet with three levels of salt. With



### PRESSURE COOKER

High blood pressure raises the risk of:





or without the DASH diet, blood pressure dropped when people went from a typical 3,300 mg of sodium a day to 2,400 mg a day to 1,500 mg a day. [See “Drop the Pressure.”]

**Q: Why does losing excess weight lower blood pressure?**

**A:** Increased body fat makes large arteries stiffer. It also increases activity in the sympathetic nervous system—the part that secretes adrenaline. The adrenaline constricts blood vessels, including those that go to the kidneys, so they don’t excrete as much sodium as they should.

**Q: Can too little salt raise the risk of heart attacks and strokes, as a study reported last year?**

**A:** Not at all. That study is full of methodological flaws that are common in studies of sodium and disease. In 2013, the American Heart Association, which recommends cutting sodium to 1,500 milligrams a day, issued a science advisory to describe the potential problems in these sorts of studies.

**Q: Like what?**

**A:** It was an observational study, meaning that people weren’t randomly assigned to different sodium levels. And that can lead to many problems. The worst one is reverse causation, meaning that the disease causes the low sodium intake, not the other way around.

**Q: Why?**

**A:** People who are sicker or are debilitated eat less food in general, including sodium, and often they are advised to eat less sodium because they have diseases like heart failure or hypertension. So that could bias the results.

Another study, which was smaller but didn’t have those flaws, showed very clearly that higher sodium intakes were linked to a higher risk of cardiovascular disease. There was no increased risk of heart attacks or strokes at lower sodium intakes.

## OMNIHEART

**Q: Did you expect the DASH diet to do more than lower blood pressure?**

**A:** The DASH diet was designed strictly for lowering blood pressure, but because it was low in saturated fat and chole-

sterol, we thought it would also lower LDL, or bad, cholesterol. And it did.

**Q: Most people don’t realize that a DASH diet is the key diet advice for preventing heart attacks and strokes.**

**A:** That’s true. I was a member of the task force that issued the 2013 Guideline on Lifestyle Management to Reduce Cardiovascular Risk from the American Heart Association and the American College of Cardiology.

The big emphasis in those guidelines is on a dietary pattern that emphasizes vegetables, fruits, and whole grains. It includes low-fat dairy products, fish, poultry, legumes, nuts, and non-tropical oils like olive, soy, and canola. And it has very little sweets, sugar-sweetened beverages, and red meat.

That’s the DASH diet. The task force also found strong evidence that reducing saturated fat and sodium cuts the risk of heart attacks and strokes.

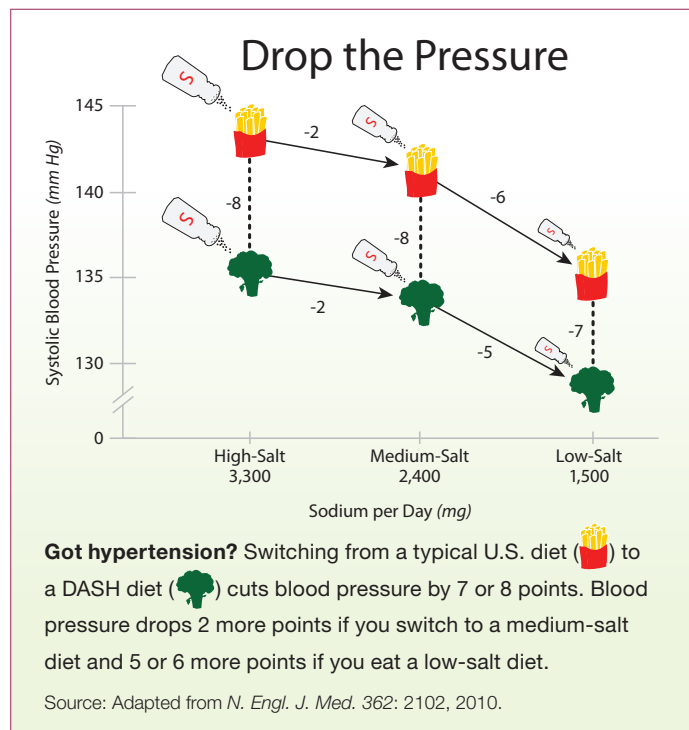
**Q: Why did you follow the DASH study with the OmniHeart study?**

**A:** The original DASH diet was high in carbs. From the beginning, I wanted to study a Mediterranean-like version that was lower, but not low, in carbs.

We wanted to see if we could lower triglycerides or raise HDL, or good, cholesterol—or whether we could lower blood pressure even more—if we reduced carbs and replaced them with unsaturated fat or with more protein, especially plant protein from beans and nuts. That turned out to be true.

**Q: Were all three diets—higher-carb, higher-protein, and higher-fat—good?**

**A:** Oh yes. Compared to what the participants were usually eating, all three of the OmniHeart diets substantially lowered blood pressure and lowered LDL chole-



terol. So we’re talking about mildly improving the greater beneficial effects of the DASH diet.

**Q: And we know that lowering LDL cholesterol lowers the risk of heart attacks?**

**A:** Yes. The evidence that high LDL causes cardiovascular disease is very, very strong. It’s been strong for decades, but it has gotten even stronger now that a new trial found that ezetimibe, a drug sold as Zetia, lowers the risk of heart attacks.

**Q: Why?**

**A:** Ezetimibe and statins lower LDL by different mechanisms. So that strengthens the evidence that what matters is lowering LDL, not other things that statins or ezetimibe do.

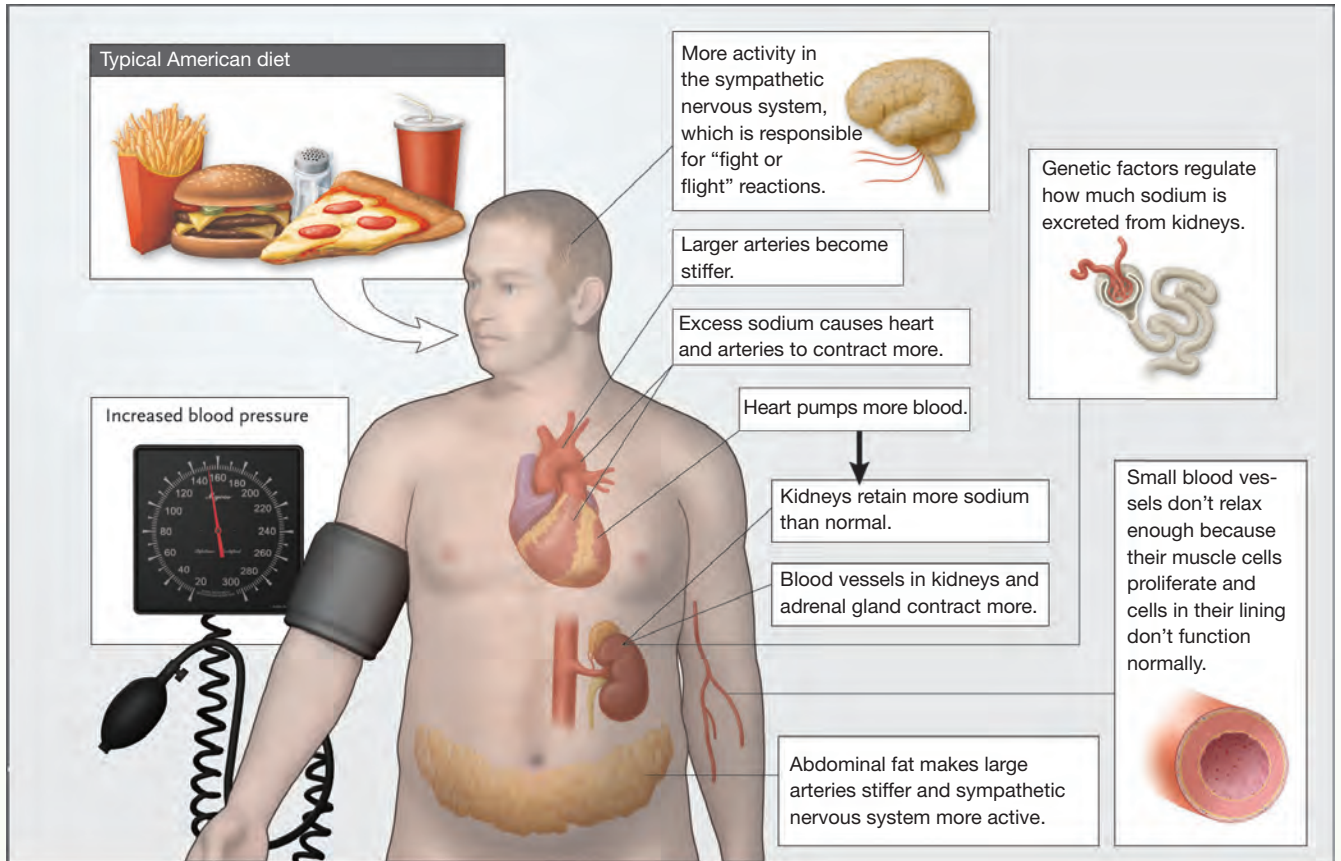
What’s more, studies show clearly that the genes that are associated with mildly reduced LDL are also associated with reduced heart disease. And it just goes on. So the evidence that LDL causes heart attacks is very powerful.

**Q: How good is the evidence that HDL cholesterol protects the heart?**

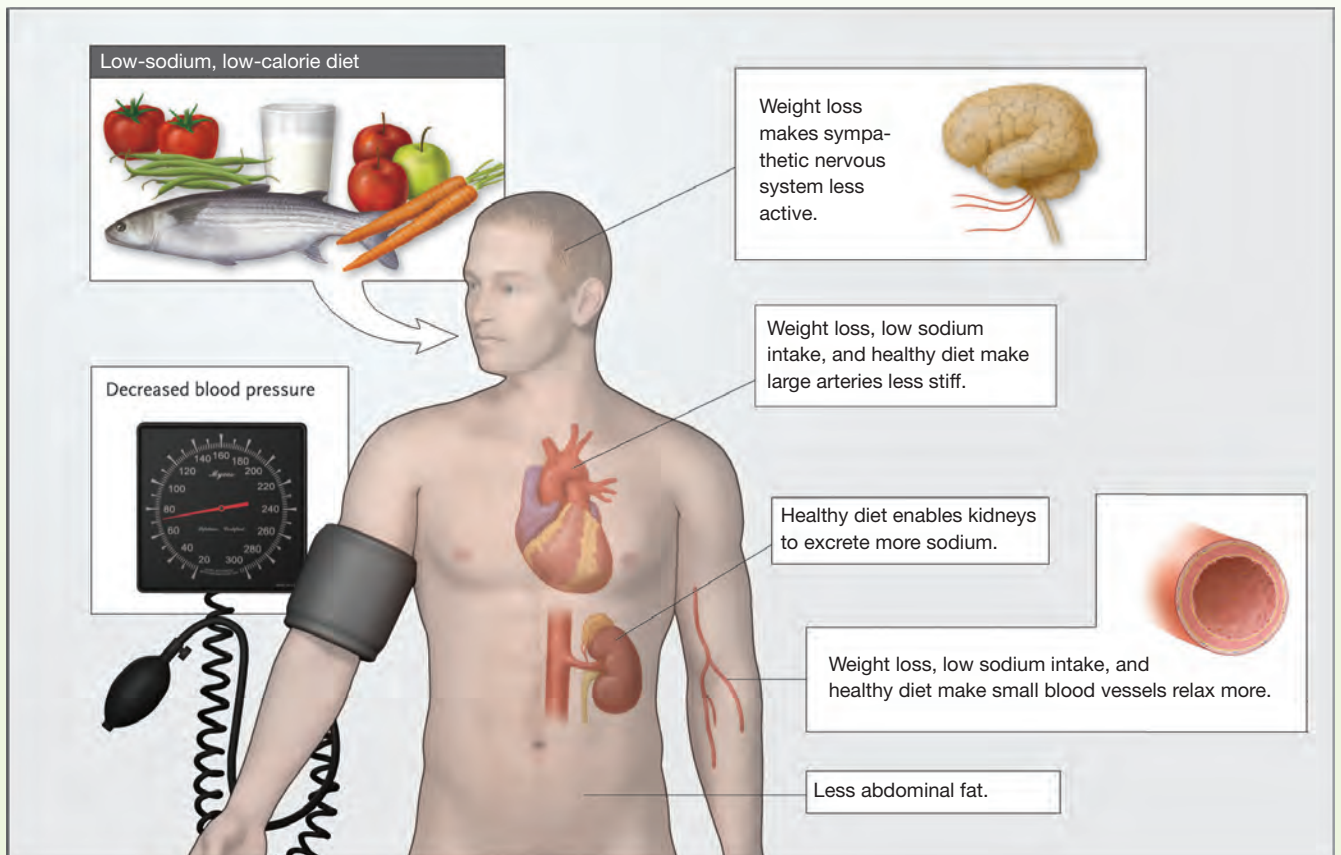
**A:** It’s got problems. The HDL hypothesis is that it protects against atherosclerosis by taking cholesterol from cells and delivering it to the liver for excretion. But we have these drugs that raised HDL and didn’t prevent heart attacks.



# HOW DIET CAUSES HIGH BLOOD PRESSURE...



# ...AND HOW TO REVERSE IT



Source: Adapted from N. Engl. J. Med. 362: 2102, 2010.

**Q: Could that be because the drugs raised the wrong type of HDL?**

**A:** That's a white hot topic right now. For example, in my lab we're looking at ApoC-III, a small inflammatory protein on the surface of some HDL particles. ApoC-III, because it is a pro-inflammatory protein, may confer harmful properties on the HDL particles that carry it. It turns good cholesterol into bad! Luckily, most HDL in most people lacks ApoC-III.

**Q: Does it matter how much cholesterol HDL can carry away from arteries?**

**A:** Yes. A new study in the *New England Journal of Medicine* measured how well HDL was able to remove cholesterol from cholesterol-loaded cells in artery walls. People whose HDL could remove more had a lower risk of heart attack and stroke over the next nine years. So that is helping rehabilitate HDL as an artery protector.

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## OMNICARB

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**Q: What was the point of OmniCarb, your newest study?**

**A:** Different kinds of fats have been studied very, very well. But different types of carbohydrate—they seem to be more of a tricky question.

Also, since our studies on the DASH diet in the 1990s, I have continually been asked if it would make a difference if the carbs in the DASH diet had a low glycemic index rather than a high one.

**Q: What is the glycemic index?**

**A:** It's a measure of how much a carbohydrate-containing food raises blood sugar. But it's tricky to use.

Take pasta. If you undercook it so it's chewy, it will raise blood sugar less than if you cook it until it's soft. Or let's take 100 percent whole wheat bread. A dense European whole wheat bread would have a lower glycemic index than a fluffy whole wheat bread made of finely milled flour.

And bananas will raise blood sugar more than apples, though that's not the only difference between those foods. Bananas are high in potassium. Apples have good phytochemicals. Both have fiber.

**Q: Why did you look at high versus low glycemic index in both higher-carb and lower-carb diets?**

**A:** In the OmniHeart study, we found

that a lower-carb diet was better than a higher-carb diet. We wanted to see if we could make a high-carbohydrate diet better by using low-glycemic-index foods.

**Q: Did it work?**

**A:** No. Choosing low-glycemic-index foods didn't improve blood pressure, cholesterol, or triglycerides, or make insulin more effective. In fact, it actually made insulin less effective and increased LDL cholesterol. We don't know why. It surprised us.

**Q: Does that mean that there are no good carbs or bad carbs?**

**A:** Some reporters have asked, "So can we just eat potato chips and white bread?" I said absolutely not, because glycemic index is not the only attribute of these foods.



Replacing higher-glycemic foods (like bananas) with lower-glycemic foods (like apples) didn't improve insulin, cholesterol, or anything else.

When you see Skittles or french fries or cupcakes or whatever, you can't say, "Oh, glycemic index doesn't matter, so I can eat any of this stuff." No.

If foods are high in refined carbs, like sugar or white flour, or if they're low in fiber, vitamins, or minerals, they're less healthy.

We didn't study junk food. The type of food does matter. It's just that glycemic index may not.

**Q: Did you look at glycemic index and weight loss?**

**A:** No. Our study was designed to measure risk factors for heart disease and diabetes, not weight loss. But we did look at studies on glycemic index and weight loss. A couple of them showed a benefit,

while others didn't. So there isn't much evidence in favor of low glycemic index helping weight loss.

**Q: Didn't dieters regain less weight on a low-glycemic diet in the Diogenes study?**

**A:** After six months, people on the low-glycemic-index diet regained about two pounds less than those on the high-glycemic-index diet. But after a year, there was no difference. So even for regaining weight, glycemic index doesn't matter much.

**Q: And in some studies, people might have eaten unhealthy high-glycemic foods like cookies, cakes, and candy.**

**A:** Yes. That wasn't a problem in our study, because we fed people all of their food, and we made sure that both the high- and low-glycemic foods were healthy.

**Q: Did you find any benefit for the lower-carb diets?**

**A:** Yes. Triglycerides were about 25 percent lower on the lower-carb diets. That's good because there is more and more evidence that high triglycerides raise the risk of heart disease.

What's more, HDL cholesterol—good cholesterol—went up slightly, and diastolic blood pressure went down slightly. But there was no impact on insulin effectiveness. That was true whether or not the lower-carb diets had high- or low-glycemic carbs.

**Q: Could low-glycemic carbs help people with prediabetes or diabetes?**

**A:** No one in OmniCarb had type 2 diabetes. If someone has a problem managing their blood sugar, then it's more likely that foods with a lower glycemic index could help.

We did have some people with prediabetes in our study, and it didn't matter to them if the glycemic index was high or low. But the study wasn't designed to definitively answer that question.

Certainly, if you have prediabetes or type 2 diabetes, it's good to reduce the amount of carbs. We're just not sure about glycemic index. 🍌



# A Day's Worth of Food



The diets used in the DASH and OmniHeart studies trim blood pressure and LDL (“bad”) cholesterol. Here’s a hybrid of the two OmniHeart diets—one higher in protein and one higher in unsaturated fat—that also lowered triglycerides. We used the **Wild Card** (see below) for protein (the salmon), but you can use it for more oil or carbs if you prefer.

This version is for someone who needs only 2,100 calories a day. We added a few extra servings of fruits and vegetables. Extra salad greens can’t hurt!

## BREAKFAST

<b>Fruit</b>	2 servings	1 banana, 1 melon wedge
<b>Low-fat Dairy</b>	1	1 cup milk
<b>Grains</b>	2	1 cup bran cereal

## LUNCH & AFTERNOON SNACK

<b>Fish, Poultry, &amp; Meat</b>	1 serving	4 oz. chicken
<b>Vegetables</b>	6	4 cups greens, 1 cup raw veggies
<b>Oils &amp; Fats</b>	1	1 Tbs. oil (in 2 Tbs. salad dressing)
<b>Fruit</b>	2	1 orange, ¼ cup dried fruit
<b>Legumes &amp; Nuts</b>	1	¼ cup almonds
<b>Grains</b>	2	2 oz. baguette



## DINNER & EVENING SNACK

<b>Fish, Poultry, &amp; Meat</b>	1 serving	4 oz. salmon— <b>Wild Card</b>
<b>Vegetables</b>	3	1 cup broccoli, ½ cup carrots
<b>Legumes &amp; Nuts</b>	1	½ cup bean salad
<b>Oils &amp; Fats</b>	1	½ Tbs. oil (in bean salad), ½ Tbs. oil (in broccoli & carrots)
<b>Low-fat Dairy</b>	1	1 cup plain yogurt
<b>Fruit</b>	1	½ cup berries
<b>Desserts &amp; Sweets:</b>	2	2 small cookies



## DAILY TARGETS

Below are the OmniHeart study’s targets for a day’s worth of food.<sup>1</sup> The nutrient targets for a 2,100-calorie diet are: sat fat: 14 g / protein: 105 g / fiber: at least 30 g / potassium: 4,700 mg / magnesium: 500 mg / calcium: 1,200 mg / sodium: no more than 2,300 mg. Our day’s worth of food (shown above) roughly matches those targets.

### Vegetables & Fruit

11 servings per day

#### What’s 1 serving?

½ cup cooked vegetables  
½ cup raw vegetables  
1 cup salad greens  
1 piece fruit  
½ cup fresh fruit  
¼ cup dried fruit

### Grains

4 servings per day

#### What’s 1 serving?

1 slice bread  
½ cup cereal, pasta,  
or rice

### Low-fat Dairy

2 servings per day

#### What’s 1 serving?

1 cup milk or yogurt  
1½ oz. cheese

### Legumes & Nuts

2 servings per day

#### What’s 1 serving?

¼ cup nuts  
½ cup cooked beans  
4 oz. tofu

### Fish, Poultry, & Meat

1 serving per day

#### What’s 1 serving?

¼ lb. cooked

### Oils & Fats

2 servings per day

#### What’s 1 serving?

1 Tbs. oil  
1 Tbs. margarine  
or mayo

### Desserts & Sweets

2 servings per day

#### What’s 1 serving?

1 small cookie  
1 tsp. sugar

### Wild Card

1 serving per day of

Fish, Poultry, & Meat  
**or** Desserts & Sweets  
**or** Oils & Fats  
**or** Grains

<sup>1</sup>JAMA 294: 2455, 2005.

# Clicker Beware

6 things to keep in mind if you buy supplements online.

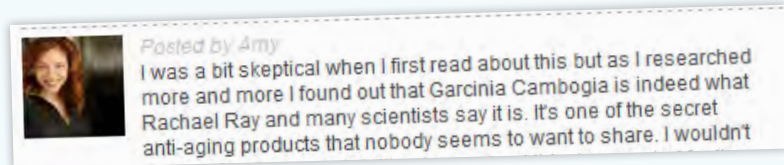


BY DAVID SCHARDT

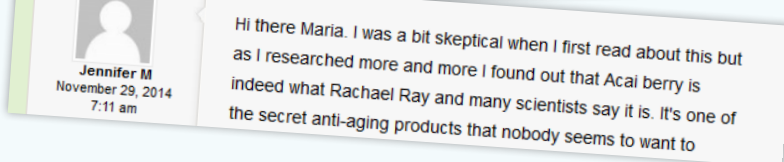
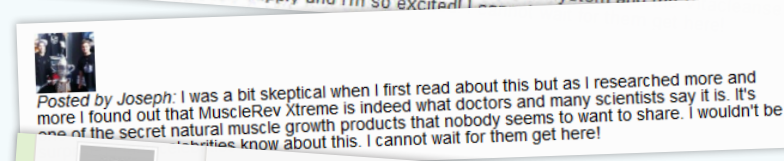
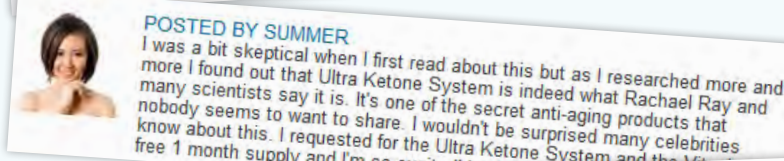
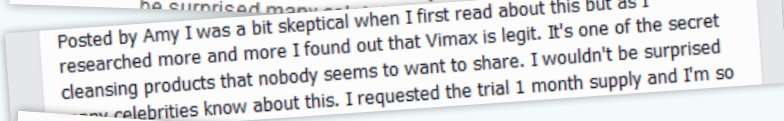
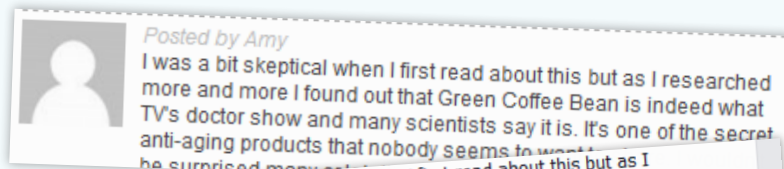
The Internet is teeming with bogus news sites where fake reporters and fake testimonials cite fake research to hawk samples of expensive, worthless supplements. But don't worry. With luck and persistence, you may be able to stop the monthly charges to your credit card.

## 1 Many testimonials are phony

Here's "Amy," gushing about the "secret anti-aging product" Garcinia cambogia on some fake news site.



Amy shows up on hundreds of other websites, admitting that she was also "a bit skeptical" about Green Coffee Bean. And about Vimax. Then there's "Jennifer," who's skeptical about Acai berry, and "Joseph," who's skeptical about MuscleRev Xtreme, and "Summer," who's skeptical about Ultra Ketone System. We could go on.



## 2 Free samples can be costly



To get your 14-day sample of Instaflex, just give a credit card number to cover the \$4.99 shipping and handling. But if you don't cancel within 18 days from the day you

ordered the sample, your card will be charged \$75 for the next month's supply...and \$75 every 30 days after that until you cancel.

Is two weeks long enough to decide if Instaflex works? Not according to the company's own study.



## 3 Many "studies" are worthless

"Clinically proven" can mean something...or, as in this case, nothing. Greek Island Labs' "clinical study" didn't compare Natural Joint with a placebo, so it wasn't capable of showing whether the supplement works.

**Clinically Proven at one of the Nation's Top Laboratories:**

"Greek Island Lab's Natural Joint, when used in accordance with intended package directions demonstrated statistically significant **reduction in joint problems** by an average of **51.1%** within the **first 5 days** of use with a maximum of 83.3% observed. Statistically significant **improvements in joint mobility** averaging **47.4%** and **flexibility** averaging **46.2%** were also observed. Further, these phenomena were documented and confirmed during the course of the study."

[\(Click Here To View 5 Day Clinical Study Overview.\)](#)

"After 28 days Greek Island Lab's Natural Joint demonstrated an average **reduction in joint discomfort of 82.2%**. Statistically significant **improvements in joint mobility**



## 4 It's worth reading the small print

"Testimonials are based on the experiences of a few people and you are not likely to have similar results." Umm...

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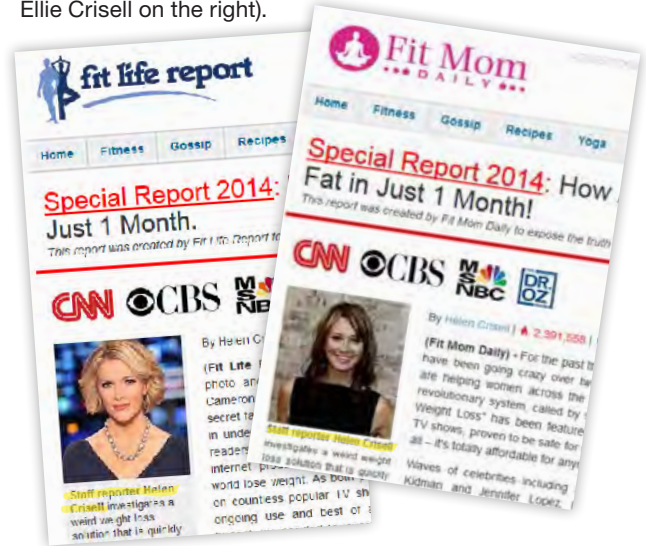
\*\*Results may vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. **Testimonials are based on the experiences of a few people and you are not likely to have similar results.** "Dr. Binette believes in the product so much, he is now an official spokesperson for Greek Island Lab's Natural Joint™ Research Studies Cited: New England Journal of Medicine, Glucosamine Study, Harvard University

"Because this product is new, we gave one box of AZO Bladder Control to individuals associated with i-Health, so that we could share product testimonials." Surprise! Everyone at Bladder Control's manufacturer loved it.

Because this product is new, we gave one box of AZO Bladder Control to individuals associated with i-Health, so that we could share product testimonials. Each testimonial was given from the sole opinion and experience of the individual and are representative of the results experienced by users of AZO Bladder Control.

## 5 "News" sites may be fake

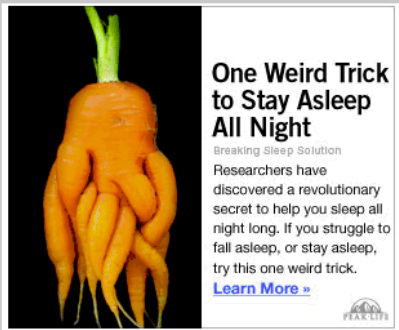
These are not real news websites. They have nothing to do with CNN, CBS, MSNBC, or Dr. Oz. And "staff reporter Helen Crisell" doesn't exist (that's a photo of Fox News' Megyn Kelly on the left, and of the BBC's Ellie Crisell on the right).



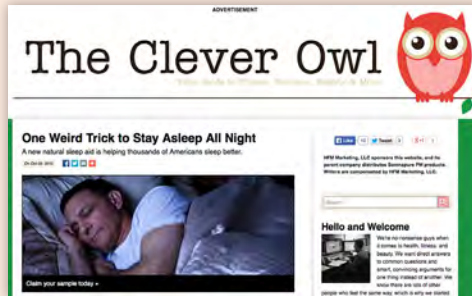
## 6 Most "tricks" aren't there to help you

Ever click on one of those "One Weird Trick" or "One Weird Old Tip" ads? The simple sketch or odd photo makes them stand out. Most eventually try to get you to buy some overpriced supplement. For example:

Clicking on this ad...



...takes you to this website...

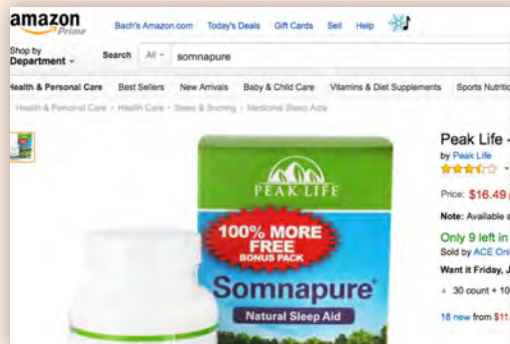


...which sells Somnapure for the "highly discounted" price (including shipping) of \$75 a month (automatically charged to your credit card if you don't cancel within 18 days of ordering your "free" two-week supply).



A three-month supply of melatonin—the ingredient in Somnapure with the best evidence of helping reset the body's clock—costs \$5 at drugstore.com.

That's about twice what Somnapure costs at GNC...and more than four times what you can get it for on Amazon.



# The Green Coffee Caper

**I**t's not often that you get a glimpse into the underbelly of the world of supplement marketing. But here, thanks to the U.S. Federal Trade Commission, is a blow-by-blow account of how an unproven compound raked in millions. The only losers? The consumers who shelled out good money for it.

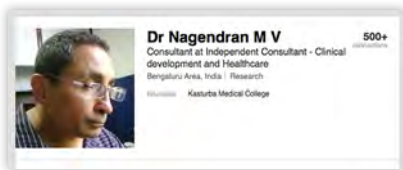
1  
2010

Applied Food Sciences of Austin, Texas, wants to sell its green coffee bean extract to supplement manufacturers as a weight-loss aid.



2  
2010

AFS hires Mysore Nagendran, a researcher in Bangalore, India, to run a clinical trial of the extract. Nagendran recruits 16 overweight adults to take the company's extract (in a higher and lower dose) and a placebo for six weeks each (with a two-week break between each of the three six-week periods). The participants are instructed to cut calories and exercise.



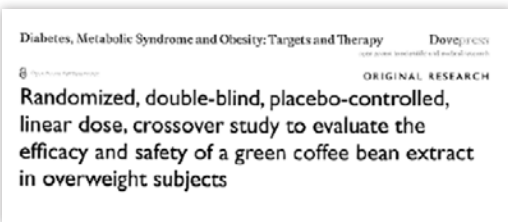
3  
2010

Nagendran repeatedly changes the weights of the participants, mixes up when they got the green coffee or the placebo, and changes the final weights of 11 of the 16. He also calls the trial "open label." That means the participants knew whether they were getting the extract or the placebo, which makes the study worthless. The FTC later concludes that Nagendran's study either "was never conducted or suffers from flaws so severe that no competent and reliable conclusions can be drawn from it."

4  
2011

Nagendran is unable to get his study published in a scientific journal. So Applied Food Sciences hires two University of Scranton professors to rewrite the results and present it as their own research. Nagendran gives them two contradictory versions of his data, and he changes the final weights of 6 of the 16 participants. The two professors accept Nagendran's account and don't ask to see the raw data.

5  
Jan 2012



The Scranton professors succeed in getting the rewritten paper published in the journal *Diabetes, Metabolic Syndrome and Obesity*. The paper claims that participants who took

the green coffee extract lost an average of almost 20 pounds, and that 6 of the 16 dropped from overweight to normal weight.

6  
Apr 2012



Dr. Mehmet Oz announces to his television viewers that "a staggering, newly released study" reveals that green coffee bean extract "may hold the secret to weight loss that you've been waiting for."

People who took the extract "lost an astounding amount of fat and weight—17 pounds in 22 weeks—by doing absolutely nothing extra in their day," Oz marvels. "Could this be the magic weight loss bean to help melt away unwanted pounds?"

7  
May 2012

**Dr. Oz Show Highlights GCA® Green Coffee Bean Extract from Applied Food Sciences Inc., Proven in Recent Human Study to Lower Body Mass Index and Aid in Weight Management**

After a ground breaking study was presented at the American Chemical Society Meeting in San Diego (March 2012) green coffee bean extract is becoming all the buzz in weight management products. With staggering results participants in the study lost an average of 10% of their body weight without changing diet or exercise. This phenomenal green coffee extract GCA® from Applied Food Sciences was highlighted on the Dr. Oz show.

Applied Food Sciences quickly swings into action, issuing a press release highlighting Dr. Oz's praise of its green coffee bean extract. AFS uses the results of the suspect study to market the extract to supplement manufacturers.



8

May 2012

Less than two weeks after Oz's show, NPB Advertising, a Tampa, Florida, company, begins using aliases to register websites—with names like coffeebeanstoloseweight.com and greencoffeeweightcontrol.com—to sell free trials of the supplement. It sets up phony news sites like dailyconsumeralert.org, with a fictitious journalist who reports losing 27 pounds with the product. The sites feature clips of Dr. Oz praising green coffee. NPB pays people \$200 each to write bogus testimonials about how they lost weight with the supplement.



From 2012 to 2014, NPB and its business partners sell more than half a million bottles of green coffee bean extract for \$30 to \$48 each, grossing \$16 to \$26 million. (A monthly dose of the extract can be bought for as little as 50 cents wholesale plus shipping from Chinese manufacturers.)

11

Oct 2014

The two Scranton professors retract their paper, without accepting any blame.

The FTC “took it apart and found some flaw with a couple of things,” the lead author explains to the *Scranton Times-Tribune*. “We decided to retract it because there was too much negative publicity.”



12

Oct 2014

Dr. Oz announces the retraction of the study on his website. “This sometimes happens in scientific research,” he notes. Oz also removes from the website all footage from his shows in which he touts the benefits of green coffee bean extract.



9

Dec 2012

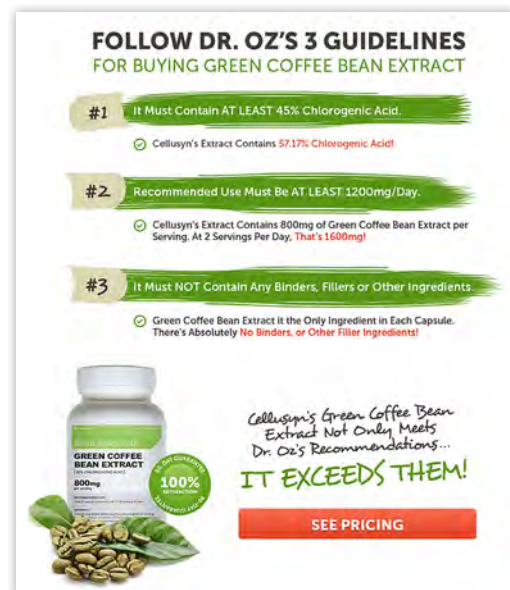
Consumers start complaining.



13

2015

Websites continue to promote green coffee bean extract.



10

May 2014

The FTC charges NPB Advertising with making “false and unsupported advertising claims,” and with failing to clearly disclose that its news sites and testimonials were fake. The case is still pending.



The FTC charges that Applied Food Sciences used its study—which it should have known was fatally flawed, notes the agency—to make “false and unsubstantiated weight-loss claims” to sell its extract and ultimately deceive consumers. The company pays \$3.5 million to settle the case.

Sept 2014



## Head Off Headaches



Nearly everyone gets headaches. Yet no one knows how to prevent them. A new study suggests that cutting back on salt may help.

Researchers analyzed data from the 2001 DASH-Sodium trial, which had assigned 390 people with high blood pressure or prehypertension to diets that were high-sodium (3,300 milligrams a day), medium-sodium (2,400 mg a day), or low-sodium (1,500 mg a day) for 30 days each. Each sodium level came in either a typical American diet or a DASH diet that was

rich in fruits and vegetables and included low-fat dairy, fish, poultry, nuts, beans, oils, and very little sugar (see cover story).

The participants were roughly 30 percent less likely to report a headache while eating the low-sodium diet than while eating the high-sodium diet. (It didn't matter whether the diet was the typical American or DASH version.)

**What to do:** Cut back on salt. This study alone doesn't prove that less salt means fewer headaches. And the results may apply only to people with hypertension or prehypertension. Nevertheless, eating less salt can lower blood pressure. That's a plus.

*BMJ Open* 2014. doi:10.1136/bmjopen-2014-006671.

## Cocoa Flavanols for the Brain...and More

Cocoa flavanols may boost thinking, lower blood pressure, and make insulin work more efficiently in older people, but not at doses that you'd get by eating chocolate.

With funding from candy maker Mars, Inc., Italian researchers assigned 90 people aged 60 or older to consume one of three cocoa drinks every day. The drinks had cocoa flavanols in a high dose (993 milligrams), a medium dose (520 mg), or a low dose (48 mg). None of the participants had memory loss or other cognitive problems.

After two months, those who got the high- or medium-flavanol drink improved more on tests of processing speed than did those who got the low-flavanol drink.

Those who got the high-flavanol drink also improved the most on a test of verbal fluency. After two months, the high-flavanol drinkers were able to name eight more words per minute from a category (like animals, fruits, or words that begin with "C") than when they entered the study. In

contrast, the medium-flavanol drinkers could name an extra four words, and the low-flavanol group could name just one extra word.

Insulin also worked better in those who got the high- or medium-flavanol drink, which may explain their improved thinking speed and fluency. What's more, blood pressure, LDL ("bad") cholesterol, and triglycerides dropped more—and HDL ("good") cholesterol rose more—in those who got the high- or medium-flavanol drink.

**What to do:** It will take longer, larger studies to see what cocoa flavanols can do. (If you'd like to participate in one, call 800-633-6913.) If you want to try cocoa flavanols, you can get the same brand that was used in this study by buying CocoaVia powder (which is lower in lead and cadmium than other powders). You can't get enough flavanols from dark or milk chocolate (see Jan./Feb. 2015, cover story).

*Am. J. Clin. Nutr.* 2014. doi:10.3945/ajcn.114.092189.

## BPA & Blood Pressure

Bisphenol A (BPA) is a chemical found in the inner coating of cans and in some plastic bottles. Some studies find higher blood levels of BPA in people who have cardiovascular disease. Now a study has tested whether BPA can raise blood pressure.

Korean scientists gave soy milk to 60 people aged 60 or older on three occasions. The beverage was served in either cans or glass bottles (glass is BPA-free).

Two hours after drinking the beverage from either kind of container, systolic blood pressure had dropped (possibly because of the soy milk). But it fell 5 points less after the participants drank the soy milk from the cans than after they drank it from the glass bottles.

**What to do:** Try to buy foods in glass bottles or cartons rather than cans. This study doesn't prove that BPA causes high blood pressure over the long term, but why not play it safe? Also, the National Institute of Environmental Health Sciences has expressed concern about BPA's "effects on the brain, behavior, and prostate gland in fetuses, infants, and children."

*Hypertension* 2014. doi:10.1161/HYPERTENSIONAHA.114.04261.

## Skip the Extra Selenium

In an earlier study, selenium supplements raised the risk of aggressive prostate cancer in men who already had high levels. A new study finds that selenium supplements may also make men who already have prostate cancer more likely to die of the disease.

U.S. scientists followed roughly 4,500 men with non-metastatic prostate cancer for nine years. Those who took supplements with at least 140 micrograms a day of selenium after their diagnosis were 2½ times more likely to die of prostate cancer than those who took no selenium.

**What to do:** Don't take more than the RDA (55 mcg) of selenium in your multivitamin or a separate supplement. It's too early to be certain that selenium promotes prostate cancer, but it doesn't prevent or slow the disease, so why take a chance? 🍷

*J. Natl. Cancer Inst.* 2015. doi:10.1093/jnci/dju360.





# Absolutely Cruciferous!

BY KATE SHERWOOD

Raise your hand if you tend to overcook (and under-season) cruciferous vegetables like broccoli, cauliflower, and cabbage. Here are three side dishes that will remind you why you fell in love with these powerhouse veggies. 🥬

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



## Golden Cauliflower

*Why slice the florets? It creates flat surfaces that brown nicely when sautéed.*

- 1/4 cup pine nuts
- 4 cups cauliflower florets
- 2 Tbs. extra-virgin olive oil
- 2 Tbs. golden raisins
- 1 Tbs. drained capers
- 1 Tbs. red wine vinegar
- 1/4 tsp. kosher salt

Preheat the oven to 350°F. Bake the pine nuts until well browned, 8-10 minutes. • Slice the cauliflower florets 1/4-inch thick. • In a large pan, heat the oil over medium heat until shimmering. Sauté the cauliflower, turning occasionally, until lightly browned and tender-crisp, about 5 minutes. Transfer to a large bowl. • Combine the raisins, capers, vinegar, salt, and 1 Tbs. of water in a food processor. Pulse until the raisins and capers are minced. Add the pine nuts and pulse a few more times to roughly chop the nuts. Toss with the cauliflower.

**Per serving (1/2 cup):** calories 110 | carbs 8 g  
total fat 8 g | sat fat 1 g | sodium 150 mg  
fiber 3 g | protein 3 g

Serves: 6 Time: 15 mins.

## Smokin' Broccoli

*Raw broccoli? You bet. (It's also delish lightly steamed.)*

- 2 Tbs. fresh lemon juice
- 2 Tbs. extra-virgin olive oil
- 1/8 tsp. kosher salt
- 4 cups finely chopped broccoli crowns
- 1/4 cup smoked, salted almonds, chopped
- 1/4 cup freshly shredded parmesan

In a large bowl, whisk together the lemon juice, oil, and salt. Toss in the broccoli. Sprinkle with the almonds and cheese.

**Per serving (3/4 cup):** calories 120 | carbs 8 g  
total fat 9 g | sat fat 1.5 g | sodium 150 mg  
fiber 4 g | protein 5 g

Serves: 6 Time: 15 mins.



## CabApple Slaw

*The more tart the apple, the more savory the slaw.*

- 2 Tbs. extra-virgin olive oil
- 1 large onion, thinly sliced
- 2 Tbs. apple cider vinegar
- 1 Tbs. whole-grain dijon mustard
- 1/4 tsp. kosher salt
- 8 cups mixed shredded cabbage (red, savoy, napa, and/or green)
- 1 apple, cored and cut into matchsticks or grated

Heat the oil in a large skillet over medium heat until it shimmers. Sauté the onion, stirring frequently, until browned, 8-10 minutes. Remove from the heat. • In a large bowl, whisk together the vinegar, mustard, and salt. Add the onions, cabbage, and apple and toss well.

**Per serving (1 cup):** calories 80 | carbs 11 g  
total fat 4 g | sat fat 0.5 g | sodium 130 mg  
fiber 3 g | protein 2 g

Serves: 8 Time: 15 mins.



# Meat-Free for All

Finding the best veggie burgers, strips, etc.

BY JAYNE HURLEY & BONNIE LIEBMAN

**F**ake meats have been around at least since 1896. That's when John Harvey Kellogg (yes, one of those Kelloggs) created "Nuttose" mostly out of peanuts.

In 2013, Dutch researchers unveiled the first "cultured beef," grown largely from cow muscle cells. Does that mean that meat might someday be made without killing animals and with far less greenhouse gas emissions and wasted water? Stay tuned.

In the meantime, here's how to ferret out the best wannabe (as well as why-pretend-to-be-meat?) burgers, crumbles, meatballs, nuggets, and strips.

The information for this article was compiled by Lindsay Moyer.

**1. SEEK OUT LESS SODIUM.** The toughest nut to crack in the veggie "meat" world—other than replicating the taste and texture of meat, poultry, or seafood—is keeping a lid on salt. It's not unusual to find 500 milligrams of sodium (a third of a day's worth) in a roughly 3 oz. serving of veggie meat that has just 100 to 200 calories. Few have less than 200 mg.

That's why we allowed up to 250 mg of sodium in our Best Bites and 350 mg in our Honorable Mentions. Check the photos below for some of our taste picks.

**2. CHECK THE PROTEIN.** You'd get around 20 grams of protein in a 3 oz. beef burger. (That's what the meat in a Quarter Pounder weighs.) A serving of veggie meat typically ranges from 5 grams of protein to 20 grams. Some brands (like Beyond Meat) are reliably at the high end, while others (like Garden-of-Eatin') are consistently at the low end.

In general, patties that are trying to taste like beef (like Boca All American Flame Grilled or MorningStar Grillers Prime) or chicken have more protein than vegetable-grain-bean patties that don't give a hoot about mimicking meat.

But you can't always tell by the name. MorningStar Garden Veggie, Mediterranean Chickpea, Spicy Black Bean, and Tomato

& Basil Pizza burgers, for example, have 10 grams of protein, while Amy's Black Bean, Bistro, California, and Sonoma burgers have 5 or 6 grams.

It comes down to how much protein (soy, pea, and/or wheat gluten) the company adds. (If you want to avoid gluten, check the items marked with a superscript "G" in our chart.)

How much protein do you need? Many experts advise older people to get more than the Daily Value (50 grams) to prevent muscle loss. To calculate that higher target, divide your weight in half. (If you weigh 120 pounds, that means shooting for 60 grams of protein a day.) If you typically don't eat much meat, poultry, or seafood, look for veggie meats with *at least* 10 grams of protein per serving. That's what we required in our Best Bites.

**3. BYE, BYE, BAD FATS.** Who needs the 6 grams of saturated fat (about a third of a day's worth) in a 3 oz. beef burger? Nearly all veggie meats are low in sat fat, which raises LDL ("bad") cholesterol. Few reach even 2 grams. (Exception: most burgers from Hilary's Eat Well contain enough coconut oil to hit 5 or 6 grams of sat fat.) Instead of saturated fat, some veggie meats—usually those made with canola, corn, or soybean oil—have more polyunsaturated fat, which lowers LDL.

**4. KEEP AWAY FROM QUORN.** You won't find any Quorn products in our chart, because the main ingredient is "mycoprotein," a euphemism for processed mold. It's not just unappetizing; some people report severe vomiting and anaphylactic reactions after eating Quorn, which has been linked to two deaths. The Center for Science in the Public Interest, *Nutrition Action's* publisher, has urged the Food and Drug Administration to ban it. (To report an adverse reaction, go to [quorncomplaints.org](http://quorncomplaints.org).)

**5. TASTE AROUND.** When it comes to taste, veggie meats range from "yummy" to "yuck." Our advice to newcomers: start with MorningStar or Gardein. They were the most reliable in the taste department. 🍷



**Gardein Mandarin Orange Crispy Chick'n.** Just missed an Honorable Mention...but didn't miss on taste.



**MorningStar Grillers Original.** Where's the beef? You may think it's here.



**Boca Original Chik'n.** Tastes just like breaded chicken. Want gluten-free? Try Gardein Chick'n Scallopini.



**MorningStar Mediterranean Chickpea.** Don't care about imitating meat? This Best Bite still delivers 10 grams of protein.



# MEATLESS MARKET

**Best Bites** (✓✓) have at least 10 grams of protein and no more than 250 mg of sodium. **Honorable Mentions** (✓) have no protein minimum and can have up to 350 mg of sodium. Both have no more than 2 grams of saturated fat. Products are ranked from least to most sodium, then most to least protein, then least to most calories. Unless noted, products are typically frozen.

<b>Meatless Burgers</b> (1 patty—about 2.5 oz., unless noted)	Calories	Sodium (mg)	Protein (g)
✓ Engine 2 Plant-Strong (Whole Foods) <sup>1,G</sup>	130	60	5
Qrunch Organic Quinoa (3.2 oz.) <sup>1,G,S</sup>	190	170	4
✓ Dr. Praeger's Gluten Free California <sup>G</sup>	110	180	4
✓✓ Sunshine Organic Black Bean South West <sup>G</sup>	260	190	10
✓ Dr. Praeger's Thai	150	190	7
✓ Sunshine Organic—except Black Bean South West or Quarter Pound <sup>1,G</sup>	230	200	8
✓✓ Sol Cuisine Original <sup>G</sup>	100	220	12
✓✓ Franklin Farms—Chili-Bean or Original Recipe <sup>1,G,R</sup>	100	230	13
✓✓ MorningStar Mediterranean Chickpea	110	240	10
✓ Amy's Light in Sodium California	110	250	5
✓ Dr. Praeger's—Bombay Curry, California, Italian, Kale <sup>G</sup> , or TexMex <sup>1</sup>	130	250	4
✓ MorningStar Grillers Original	130	260	15
✓ Wildwood Organic SprouTofu (3 oz.) <sup>1,G,R</sup>	170	280	10
✓ Trader Joe's Quinoa Cowboy (3.2 oz.)	180	280	5
✓ Gardein Garden Veggie (3 oz.) <sup>G</sup>	110	280	4
✓ Sol Cuisine Sprouted Quinoa Chia <sup>G</sup>	120	280	3
✓ Franklin Farms Portabella <sup>G,R</sup>	100	290	14
✓ 365 (Whole Foods) Spicy Southwestern	120	290	11
✓ Sol Cuisine Mushroom Rice <sup>G</sup>	90	290	8
✓ 365 (Whole Foods) Meatless	120	300	11
✓ Trader Joe's Organic Tofu Veggie (3 oz.) <sup>R</sup>	170	300	11
✓ Dr. Praeger's Asian	130	300	6
✓ Boca—except Bruschetta Tomato Basil Parmesan <sup>1</sup>	90	310	14
✓ Sunshine Organic Quarter Pound (4 oz.) <sup>1,G</sup>	330	310	12
✓ MorningStar—Garden Veggie, Mushroom Lover's, Spicy Black Bean, or Tomato & Basil Pizza <sup>1</sup>	110	310	10
✓ Gardein The Ultimate Beefless (3 oz.)	130	320	16
✓ Dr. Praeger's Black Bean	120	320	12
✓ Veggie Patch Char-Grilled <sup>R</sup>	100	320	11
✓ Lightlife Smart Patties <sup>1,R</sup>	100	320	10
Hilary's Eat Well (3.2 oz.) <sup>1,G,S</sup>	190	320	5
✓ Amy's Bistro <sup>G</sup>	110	330	5
✓ Amy's Texas	140	350	12
✓ MorningStar Roasted Garlic & Quinoa	130	350	7
✓ Veggie Patch Mediterranean <sup>R</sup>	120	350	5
✓ MorningStar Grillers Prime	170	360	17
Boca Bruschetta Tomato Basil Parmesan	90	380	13
Amy's All American	140	390	13
Gardenburger <sup>1</sup>	100	440	5
Amy's—Sonoma <sup>G</sup> , Black Bean, or California <sup>1</sup>	140	450	6
Beyond Meat Beast (4 oz.) <sup>G,S</sup>	250	480	24

<b>Meatless Chicken Patties</b> (1 patty—about 2.5 oz., unless noted)	Calories	Sodium (mg)	Protein (g)
✓ Boca Original Chik'n	150	300	12
✓ Gardein Crispy Chick'n (3.1 oz.)	160	310	13
✓ Gardein Chick'n Scallopini <sup>G</sup>	120	350	12
✓ MorningStar Grillers Chik'n	80	350	9
Boca Original Chik'n, made with non-GMO soy	140	430	12
MorningStar Grillers California Turk'y	100	440	10
MorningStar Chik Original	140	480	8

<b>Meatless Nuggets, Strips, etc.</b> (No. closest to 3 oz.)	Calories	Sodium (mg)	Protein (g)
✓ Trader Joe's Tofu Edamame Nuggets (3)	170	260	8
✓ Tofurky Tempeh Marinated Strips (6-7) <sup>1,R</sup>	130	320	12
✓ Veggie Patch Crispy Chik'n Nuggets (4) <sup>R</sup>	170	330	11
✓ Gardein Home Style Beefless Tips (NA)	140	340	17
✓ Gardein Golden Fishless Filets (2)	180	340	9
✓ MorningStar Garden Veggie Nuggets (5)	160	340	8
✓ Beyond Meat Beyond Chicken Strips—Lightly Seasoned or Southwest Style (6) <sup>G</sup>	120	350	20
✓ Lightlife Smart Strips Chick'n Style (NA) <sup>R</sup>	80	350	14
Beyond Meat Beyond Chicken Grilled Strips (6) <sup>G</sup>	120	360	20
Gardein Chipotle Lime Crispy Fingers (2)	200	360	15
Gardein Seven Grain Crispy Tenders (3)	150	360	12
MorningStar Chik'n Nuggets (4)	190	600	12

<b>Meatless Crumbles</b> (3 oz.)	Calories	Sodium (mg)	Protein (g)
✓ Helen's Kitchen Organic Veggie Ground (NA) <sup>G,R</sup>	90	190	8
✓✓ Yves The Good Ground Garden Ground (½ cup) <sup>R</sup>	110	220	15
✓✓ Helen's Kitchen Organic Veggie Carnitas (NA) <sup>G,R</sup>	140	230	14
✓ Wildwood SprouTofu Mexican Inspired (½ cup) <sup>G,R</sup>	90	280	9
✓ Boca Veggie Ground (¾ cup)	100	310	19
✓ Gardein The Ultimate Beefless Ground (¾ cup) <sup>G</sup>	120	340	18
MorningStar Grillers Recipe (¾ cup)	120	360	15
Lightlife Smart Ground (½ cup) <sup>1,R</sup>	100	430	16
MorningStar Chipotle Black Bean (¾ cup)	110	430	12
Lightlife Gimme Lean (NA) <sup>1,R</sup>	90	490	11
Beyond Meat Beyond Beef—Beefy or Feisty (¾ cup) <sup>G</sup>	160	520	21

<b>Meatless Meatballs</b> (No. closest to 3 oz.)	Calories	Sodium (mg)	Protein (g)
✓ Beyond Meat Beyond Beef Swedish (6) <sup>G</sup>	210	350	17
✓ Franklin Farms Portabella (3) <sup>G,R</sup>	140	350	16
Beyond Meat Beyond Beef Italian (4) <sup>G</sup>	200	360	18
Gardein Classic (3)	150	390	17
MorningStar Veggie (5)	130	390	14
365 (Whole Foods) (6)	170	560	18

<b>Meatless Meats with Sauce</b>	Calories	Sodium (mg)	Protein (g)
✓✓ Gardein Zesty Marinara Crispy Chick'n Filets (1 filet, 3.1 oz.)	130	240	11
✓ Gardein Lightly Breaded Turk'y Cutlet (1 cutlet, 3.1 oz.)	140	270	11
✓ Lightlife Smart Wings Honey BBQ (4 wings, 3 oz.) <sup>R</sup>	110	290	12
✓ Sol Cuisine <sup>G</sup> or Simply Balanced (Target)—Smoky Chipotle Meatless Chicken (3.5 oz.) <sup>1</sup>	130	300	15
✓ Simply Balanced (Target) Mushroom Miso Meatless Turkey (3.5 oz.)	150	330	15
Gardein Mandarin Orange Crispy Chick'n (3.6 oz.)	180	370	17
Gardein Home Style Meatless Meatloaf (1 piece, 3.2 oz.)	120	380	10
Gardein Sweet and Tangy Barbecue Wings (4 wings, 3.6 oz.)	160	420	14
Sol Cuisine Meatless Chicken—Ginger Lime Teriyaki or Tangy Korean BBQ (3.5 oz.) <sup>1,G</sup>	180	430	18
Gardein Sizzling Szechuan Beefless Strips (3.5 oz.)	230	470	11
Gardein Teriyaki Chick'n Strips (3.5 oz.)	200	590	15

✓✓ Best Bite. ✓ Honorable Mention. <sup>1</sup> Average. <sup>G</sup> Gluten-free. <sup>S</sup> Contains more than 2 grams of saturated fat. <sup>R</sup> Typically refrigerated. NA Not available. Note: Some serving sizes were adjusted to more closely match burgers and patties.

**Daily Limits** (for a 2,000-calorie diet): **Sodium:** 1,500 milligrams. **Saturated Fat:** 20 grams. **Protein Daily Target:** 75 grams.

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

## RIGHT STUFF

### CRÈME DE LA CRÈME



“Greek’s creamy French cousin.”

That’s how **Stonyfield** describes its **Petite Crème**, a low-fat smooth cheese made from cultured non-fat milk and cream and inspired by the French fromage blanc.

Like greek yogurt, Petite Crème is high in protein. But cheese cultures instead of yogurt cultures means none of greek’s characteristic tang. To some, that would be a deal killer. But not to others.

As Stonyfield’s website says: “Let’s be honest. Not everybody loves Greek yogurt. Or maybe you do, but it’s just nice to have a little something on the side every now and then.”

And when Stonyfield says “creamy,” it isn’t kidding. It’s hard to believe that each 5.3 oz. tub of Petite Crème’s unsweetened **Plain & Simple** has just 100 calories and 2 grams of saturated fat (along with 12 grams of protein and 20 percent of a day’s calcium).

That puts Petite Crème in the same ballpark as Chobani or Fage 0% plain greek yogurt (around 90 calories and no sat fat, plus 15 grams of protein and 15 percent of a day’s calcium in 5.3 oz.). And, like all Stonyfield products—but unlike the two greeks—Petite Crème is certified organic.

How to eat it? Right out of the tub, silly. And if you add berries, banana, or other fruit to the Plain & Simple, you’ll save the roughly two teaspoons of added sugar in Petite Crème’s fruit flavors (**Belle Blueberry, La Vie en Strawberry, Mon Cherry Amour, Ooh lala Peach, and Strawberry-Banana Ménage**).

“C’est magnifique!” says the Plain & Simple tub. Oui agree.

[stonyfield.com](http://stonyfield.com) — (800) 776-2697

## FOOD PORN

### SMASH-AND-BURN

Everybody needs a gimmick.

**Smashburger’s**? It “smashes” each hunk of ground Angus beef onto a butter-brushed grill before piling on the top-pings.

Take the **big BBQ, Bacon & Cheddar**.

It delivers 1,050 calories

—plus 31 grams of saturated fat

and 2,540 milligrams of sodium (about 1½ days’

worth of each)—right where you don’t want ‘em. (A regular BBQ Bacon & Cheddar has “only” 940 calories.) You’re talking *big*...big burgers, big pants size, big medical bills.

But the standard burgers are just the start. All Smashburgers offer their own “local recipes.” In Nevada, for example, a

big Sin City (fried egg, bacon, American cheese, deep-fried onions, etc.) packs 1,280 calories. A big New Jersey (bacon, blue cheese, deep-fried onions, etc.) hits 1,380. Hey! It’s a big country.

And don’t forget the 470 calories and 7 grams of sat fat in that regular-size order of Smashfries. Or the 560 calories and 17 grams of sat fat in the deep-fried Haystack Onions. (The sat fat is high because Smashburger fries in a beef fat blend. Nice touch.) Or the 3,150 mg of sodium (no joke) in the Fried Pickles.

Then you can top it off with 800-or-so calories in a Hand-Spun Shake that blends Häagen-Dazs ice cream with delicacies like Butterfingers or Oreos.

No wonder the chain is such a smash.

[smashburger.com](http://smashburger.com) — (303) 633-1500



## dish OF THE MONTH



### Magic Red Pepper Sauce

In a small food processor, purée one roasted red pepper (from a jar) with 2 Tbs. blanched almonds, 2 Tbs. extra-virgin olive oil, 1 tsp. red wine vinegar, and ¼ tsp. kosher salt. Spoon over sautéed fish, shrimp, chicken, tofu, or vegetables. Makes ½ cup.

## quick tip

Refrigerate fresh fish in its original wrapper (as long as it isn’t dripping). Refrigerate live shellfish—like oysters and mussels—in a container covered with a clean, damp cloth, not with a top that makes an airtight seal.