

Nutrition Action

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HEALTH LETTER®
CENTER FOR SCIENCE IN THE PUBLIC INTEREST

TRUE or FALSE?

Fact vs. fiction about
the foods you eat

BY BONNIE LIEBMAN

Whole grains can help you lose weight. Green tea can prevent cancer. If you don't like eating fruits and vegetables, it's just as good to drink them.

Those are just a few of the notions about food you may have heard from the media, the Internet, friends, or even health professionals.

Which are true and which are based on flawed, out-of-date, or far-too-preliminary evidence?

Which are exploited by the food industry, and which are ignored because no industry can profit from them?

Continued on page 3.

Goodbye Trans Fat...*Finally*



Hooray! On June 17th, the Food and Drug Administration ended a battle that started a quarter century ago. The FDA banned partially hydrogenated oil, the source of artificial trans fat. The food industry will ask the FDA to allow specific amounts in certain foods, but I hope the FDA permits only levels that won't harm consumers.

Trans fat entered our food supply more than a century ago, when chemists found that reacting liquid oils with hydrogen turned them into more-solid fats. That led to short-

enings like Crisco (which replaced lard, butter, and beef tallow) and stick margarines. After World War II, the floodgates opened. Partially hydrogenated oils were cheap and shelf stable, and companies began to use them in thousands of foods.

The first inklings of a problem came in the 1970s when Fred Kummerow, a University of Illinois researcher, found that partially hydrogenated oil clogged the arteries of pigs. But the big breakthrough came in 1990, when Dutch researchers Ronald Mensink and Martijn Katan found clear evidence that trans fat raises LDL ("bad") cholesterol and lowers HDL ("good") cholesterol in humans.

Soon after, the Center for Science in the Public Interest (publisher of *Nutrition Action*) jumped into the fray. In 1993 and 1994, it urged the FDA to require the new Nutrition Facts labels to disclose trans.

But the wheels of regulation grind very slowly. It wasn't until 1999 that the FDA proposed adding trans fat to the Nutrition Facts label. The FDA issued a final rule in

2003 and gave companies until 2006 to put trans on labels.

Meanwhile, Harvard epidemiologists estimated that trans fat was causing upwards of 50,000 deaths annually, and Denmark became the first country to ban all-but-trivial levels of artificial trans fat in foods. In 2004, CSPI called on the FDA to do the same. Many companies—Frito-Lay was one of the first—began switching to healthier oils.



Other companies can get the artificial trans fat out. Why can't these three?

Lawsuits also played a role. In 2003, California lawyer Steve Joseph sued McDonald's and Kraft. In 2006, CSPI sued KFC and Burger King for not disclosing their use of partially hydrogenated oils.

Then New York City became the first locale to ban the nasty oils from restaurant and bakery foods.

All that pressure forced the food industry to make a *big* oil change. In the early 2000s, companies used about eight billion pounds of partially hydrogenated oils annually. Now it's down to one or two billion.

The FDA has given companies three years to get rid of partially hydrogenated oils, so you'll have to keep reading labels. (Some cake frostings, microwave popcorns, pies, and stick margarines have at least 1 gram of trans, which is half a day's limit. Most tub margarines have none or, like Crisco, less than half a gram per serving, which shows up as "0 grams trans" on the label.)

Still, a historic victory has been achieved—largely eliminating one of the most harmful substances in the U.S. food supply.

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

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Mail: CSPI, 1220 L Street NW, Suite 300, Washington, DC 20005
E-mail: circ@cspinet.org. Tel: (202) 777-8393
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TRUE or FALSE?

Fact vs. fiction about the foods you eat

In science, it's tough to prove what's true or false. New studies can always change the picture. But here's what the latest evidence shows about a handful of hot topics.

1 Can sugar harm your heart?

"The U.S. government is poised to withdraw longstanding warnings about cholesterol," trumpeted the *Washington Post* headline in February.

The hubbub over eggs got a small tsunami of attention (maybe because people mistakenly assumed that the U.S. was poised to drop warnings about meat, butter, and other foods that *raise* blood cholesterol, not about foods, like eggs, that *contain* cholesterol).

In fact, eggs got so much attention that the media missed a bigger story: The report behind the headline concluded that added sugars are linked to a higher risk not just of obesity, type 2 diabetes, and tooth decay (no surprise), but of heart disease and stroke.¹

"The research suggests that consumption of typical amounts of added sugar over a lifetime is increasing your risk of cardiovascular disease and cardiovascular death," says Kimber Stanhope, a researcher at the University of California, Davis.

Although the case against added sugars (like high-fructose corn syrup and table sugar) has been mounting for years, two recent studies gave it some teeth.

Last year, researchers reported that people who eat the most added sugars are twice as likely to die of cardiovascular disease (largely heart attacks or

strokes) than those who eat the least.²

And in April, Stanhope published a study that may explain why.

"We found direct evidence that added sugars increase risk factors for cardiovascular disease," she says.

The participants (aged 18 to 40) drank one of four Kool-Aid-like beverages with breakfast, lunch, and dinner for two weeks. The drinks were made with a dose of high-fructose corn syrup equal to 0, 10, 17½, or 25 percent of their daily calorie requirement.³

The results: the higher the dose, the higher the participants' LDL ("bad") cholesterol and post-meal triglycerides.

"I didn't expect to see anything at 10 percent, but we did," says Stanhope. "Even the addition of that amount of sugar—equivalent to half a can of regular soda with each meal—was enough to raise risk factors for cardiovascular disease."

That's news because a similar study, by a researcher who has received funding from the Corn Refiners Association, found no difference in LDL or triglycerides at those levels.⁴

"That study had basic design problems," says Stanhope, whose paper explains them. "Those problems can easily explain why the study failed to detect significant differences between groups."

How do sugars raise LDL and triglycerides? It's the fructose half of table

sugar (sucrose), high-fructose corn syrup, and other added sugars that seems to cause trouble.

"Fructose is nearly exclusively metabolized in the liver, so it doesn't get to the rest of the body," explains Stanhope. "When the liver gets overloaded, it turns some of the fructose into fat. Some of that fat ends up in the bloodstream as triglycerides, and that eventually leads to a rise in LDL cholesterol."

Stanhope is waiting for more data from her study to be analyzed over the next year. In the meantime, she says, "Our study shows that people are sensitive even to the addition of 10 percent of their calories from sugars. And the more sugar you eat, the higher the risk."

The bottom line: Limit added sugars to no more than 6 teaspoons (100 calories' worth) if you're a woman and 9 teaspoons (150 calories) if you're a man, as the American Heart Association has recommended since 2009.⁵

2 Is drinking fruits and vegetables as healthy as eating them?

"Getting your vegetables every day?" the personal trainer in the V8 commercial asks her client as he does sit-ups. "When I can," he responds.

That's when the trainer gives the client a slap on his forehead.

"Could've had a V8," says the ad. "2 full servings of vegetables for only 50 delicious calories."

Got the message? It doesn't matter if you eat or drink your veggies, says V8. Either way, they're good for you. Other companies sing the same tune.

"Maybe you don't have time to sit down for a salad," says the Bolthouse Farms website. "Maybe you like using straws whenever possible. Whatever the

>>>>>



Adding the sugar in just half a can of soda to each meal was enough to pose a risk.

case, we've juiced some kale, spinach, cucumbers and romaine lettuce and put them all into our Daily Greens."

Yet Daily Greens has more pear juice than any other ingredient. After that come cucumber juice and celery juice—not the nutrient-rich green leafy vegetables that are linked to a lower risk of type 2 diabetes, heart attack, and stroke.^{6,7}

"Fruit juices get lumped in with fruits and vegetables in most studies," says Lydia Bazzano, who directs the Center for Lifespan Epidemiology Research at the Tulane University School of Public Health and Tropical Medicine.

But not in Bazzano's study, which tracked more than 71,000 female nurses for 18 years.⁸ For every three servings of whole fruit the women ate, their risk of type 2 diabetes dropped by nearly 20 percent. And each serving of leafy green vegetables was linked to roughly a 10 percent drop in diabetes risk.

In contrast, "for each daily serving of fruit juice, we found an 18 percent higher risk of type 2 diabetes," says Bazzano.

And that's for a cup (8 ounces). "They sell juices in 16- or 20-ounce bottles out of a vending machine," notes Bazzano. So it's not hard to get more than two servings in one bottle.

"We saw an increased risk for orange and grapefruit juice, but it was strongest for apple juice," adds Bazzano.

How might fruit juice raise the risk of diabetes?

"When you drink fruit juices, you're less likely to compensate for the calories later on," says Bazzano. "It's the same thing that happens with sugar-sweetened beverages."

In other words, if you drink 150 calories of juice before or with a meal, you're unlikely to compensate by eating 150 fewer calories of food.

But Bazzano saw the higher diabetes risks *after* accounting for any impact fruit juice might have had on weight gain. So something else had to explain the link.



Greens? It's got more pear, cucumber, and celery juice than kale, spinach, or romaine.

"Fruit juices provide a heavy sugar load in a liquid form, so you have faster absorption," notes Bazzano. "That rapid absorption might increase the insulin required to get that sugar out of your bloodstream and into your muscles and other parts of your body," she adds.

"If you have that rapid insulin spike regularly, it might cause problems with your ability to produce enough insulin. That's particularly true if you're on the heavier side, and you already require larger amounts of insulin because

you are insulin resistant."

A vegetable juice (like Original V8) provides less of a sugar load than fruit juice does, so it's likely to cause less of an insulin spike. But you're still better off eating your veggies than drinking them because liquid calories don't curb your appetite as well as solid foods.

The bottom line: Eat, don't drink, your fruits and vegetables. If you want a smoothie, make your own from frozen fruit and vegetables (and maybe some low-fat milk or yogurt if you like it creamy).

3 Do whole grains lead to weight loss?

"A diet rich in whole grains and fiber helps manage hunger and is associated with a healthier body weight," says the Kashi GoLean Crunch box.

"More Grains. LESS YOU!" says General Mills Multi Grain Peanut Butter Cheerios. "People who choose more whole grain tend to weigh less than those who don't."



Whole grains are good, but the calories in whole-grain foods (like the 190 in $\frac{3}{4}$ cup of this cereal) still count.

Yes, studies that track thousands of people for years find that whole-grain eaters are less likely to gain weight than people who eat white bread and other refined grains.⁹ But is that because of the grains or because people who eat them are more health-conscious?

To find out, researchers randomly assign dieters to eat either whole or refined grains.

"In our first study we told 50 obese individuals to eat four to seven servings a day of either whole or refined grains, and told them to cut about 500 calories from their diets," explains Penny Kris-Etherton, Distinguished Professor of Nutrition at Penn State University. (The study was partially funded by General Mills.)

After three months, there was no difference in weight loss.¹⁰ In fact, the whole-grain eaters lost weight more slowly.

Why? "We found out that some people thought, 'Oh my goodness, it's 9 o'clock at night and I haven't eaten all my servings of whole grains,'" says Kris-Etherton. "So they'd just polish off the remaining three servings, thinking that whole grains are magical. They're going to melt the fat away."

Despite losing the same amount of body fat, the two groups did seem to lose fat in different places.

"We found greater loss of abdominal fat in the whole-grain diet compared to the refined-grain diet," notes Kris-Etherton. And it's belly fat that's linked to a higher risk of diabetes and heart disease.

However, in a second study, people who were fed whole grains didn't lose more belly fat.¹¹ Nor have most other studies seen much difference in weight loss.¹²

And keep in mind that some whole-grain foods have *more* calories than their refined-grain counterparts.



California Pizza Kitchen's part-whole-grain crust (without cheese, tomato, etc.) has 720 calories. The original crust has 580 calories.

For example, at California Pizza Kitchen, the hand-tossed wheat whole grain crust—which is only part whole wheat—has 720 calories. (The gluten-free crust has 760.) In contrast, the white-flour hand-tossed original and crispy thin crust each has about 580 calories.

The bottom line: Replace refined grains with whole grains, but don't expect whole grains to magically melt away fat...or to have fewer calories.

4 Do beans cut cholesterol?

Cheerios “can help lower cholesterol,” as anyone who’s seen TV commercials or labels for the cereal has heard. (And they can...if you eat three cups a day.)

But you don’t see ads boasting that beans (like black, garbanzo, kidney, or pinto), lentils, split peas, or other legumes do the same. Only soybeans—or soy foods—have gained a reputation as cholesterol cutters.

So in 2011, researchers looked at 10 trials that randomly assigned people—often with high cholesterol—to eat either legumes (other than soy) or an alternative food like spaghetti, carrots, or whole-grain breads and cereals. On average, LDL (“bad”) cholesterol levels were 8 points lower when they ate the legumes.¹³

That’s impressive. “Most of the trials before were done just with soy,” says Tulane’s Lydia Bazzano. “Soybeans have polyunsaturated fats along with soluble fiber.” And polys lower LDL.

“Kidney, pinto, and other kinds of beans are less fatty, so you’re looking more at their soluble fiber,” notes Bazzano.

Unlike wheat bran, which is rich in *insoluble* fiber, beans (along with oats) are rich in soluble fiber—that is, fiber that dissolves in water.

“Soluble fiber binds bile acids in the gut and keeps them from being reabsorbed into the bloodstream,” Bazzano

explains. To make up for the loss, the liver takes cholesterol out of the blood to make more bile acids. That lowers your LDL cholesterol.

How much do you have to eat? In most studies, people typically ate about ½ cup of beans a day.

“Beans don’t get a lot of attention, but they’re a great substitute for potatoes or other starchy, carb-laden foods,” says Bazzano. “Beans are a nice way to get protein, fiber, and carbs that don’t cause a spike in blood sugar levels.”

The bottom line:

To lower your LDL cholesterol, serve up some beans as a side dish, in a soup or salad, or as your main dish.

5 Is fiber the key to staying regular?

What’s the best strategy if you’re having trouble in the, ahem, laxation department? High-fiber foods can help, but it’s not just a matter of checking the “Dietary Fiber” number on the food label.

“Back in 1985, we studied people on their regular diets, which had 22 grams of fiber, or on a liquid diet

with 30 grams of fiber,” says Joanne Slavin, professor of nutrition at the University of Minnesota. (The liquid diet was Ensure with added fiber.¹⁴)

“Their stool weights were bigger on their regular diets than on the liquid diet. So we know that other things in food besides fiber affect stool weight. And generally, bigger stool makes you less likely to have constipation.”

Prunes—or, as the industry prefers to call them, dried plums—also have more than fiber going for them.

“There’s no question that prunes work,” says Slavin.¹⁵ “They’re interesting because they have fiber, but they also have sugar alcohols and maybe other chemicals that matter.”

(Sugar alcohols, like sorbitol or mannitol, are poorly absorbed carbohydrates. They’re not alcohol.)

Sugar alcohols can keep things moving because they retain moisture, which can soften stool in small doses.

“But if you eat a large dose, some will get down to the large intestine and get fermented by bacteria,” explains Slavin. “And that can cause gas and potentially diarrhea.”

What about inulin, a key fiber in many Fiber One foods and some fiber “gummies”?

“If you look at stool weight, inulin’s impact is at the low end,” says Slavin. “And inulin gets fermented, so it does increase intestinal gas.”

Does that mean it’s useless for regularity? The answer isn’t clear.

“Inulin may make stool softer because the fermentation produces more bacteria,” says Slavin. But the evidence is

muddy.^{16,17}

“I’ve worked on fiber for 40 years. When I started, I thought, ‘We should get this baby wrapped up in about five years.’ But we haven’t made a ton of progress on laxation. There aren’t a lot of studies, many are small, and the results are inconsistent.”

What’s most likely to work?

“If my goal were to increase stool



Beans don’t boast about lowering cholesterol, but they do.

weight, I'd pick wheat bran or psyllium," says Slavin.¹⁸

"Wheat bran is best," she adds. "Each gram of bran means 4 or 5 grams of stool. That's because the bran fiber isn't broken down in the gut, and it binds water, which adds fecal bulk."

Psyllium is the fiber in Metamucil, and it supplies some of the fiber in Kellogg's All-Bran Buds. "Psyllium definitely works," says Slavin. "It's an over-the-counter laxative."

But she'd rather that people ate whole foods.

"Some people just want to take a laxative and be done. But I'd prefer that they eat a bowl of bran cereal with milk and throw some blueberries on it.

"Whether it's the seeds or skins or sugar alcohols or fiber in grains, beans, vegetables, and other plant foods, something in there helps keep things moving."

The bottom line: Don't rely only on the "Dietary Fiber" number on Nutrition Facts labels to find foods that are good for regularity. Instead, try foods with wheat bran or psyllium...or that old standby, prunes.

6 Does green tea prevent cancer?

"Even though the evidence is still spotty, tea, especially green tea, may be a strong cancer fighter," says WebMD's Top Cancer-Fighting Foods slide show. "In laboratory studies, green tea has slowed or prevented the development of cancer in colon, liver, breast, and prostate cells."

Andrew Weil's website agrees. "Studies have examined green tea's potential role in lowering risks of breast, ovarian, bladder, esophageal, and prostate can-



The wheat bran and psyllium in Kellogg's All-Bran Buds can help keep you regular.

cers. More studies are needed, but research so far is promising."

And Dr. Oz's "Health Benefits of Tea" online slide show doesn't mince words. "Green tea's high EGCG content also makes it an effective cancer fighter," it declares.

In fact, many studies hunting for a lower risk of cancer in tea drinkers have come up empty. For example:

■ **Breast.** Tea drinkers had no lower risk of breast cancer in

studies of roughly 335,000 European women and 53,000 Japanese women.^{19,20} Of course, many Europeans, like Americans, drink more black tea than green tea.

"We may fail to see a lower risk in European women because they don't drink enough green tea," says Walter Willett, chair of the nutrition department at the Harvard T.H. Chan School of Public Health. "But if we don't see it in Japanese women who drink five or more cups of green tea a day, that's discouraging."

■ **Colon.** Green tea was linked to a lower risk of colorectal cancer in Chinese women and a *higher* risk in Chinese men living in Singapore.^{21,22}

■ **Prostate.** A study of nearly 50,000 Japanese men



Arizona's 20 oz. Green Tea with Ginseng and Honey has 10 teaspoons of sugar. Get an unsweetened tea instead.

found a lower risk of advanced prostate cancer in those who drank at least 5 cups of green tea a day, but a study of about 27,000 Chinese men in Singapore found no link in men who drank at least two cups a day.^{23,24}

"Although tea might have a small benefit that we can't detect, overall, the evidence is disappointing," says Willett.

A review of more than 20 studies on cancers of the bladder, colon, esophagus, lung, pancreas, prostate, stomach, and other organs concluded that "there is insufficient and conflicting evidence to give any firm recommendations regarding green tea consumption for cancer prevention."²⁵

"Green tea can be a great alternative to regular soft drinks," says Willett. But only if the tea has little or no added sugar. Some teas, like Arizona Green Tea with Ginseng and Honey, have only a third less sugar than Coke.

"It's interesting that the evidence for the anti-cancer benefits of coffee is much stronger than for tea," notes Willett.

For example, studies have reported that coffee drinkers have a lower risk of cancers of the liver and uterus.^{26,27}

The bottom line: Drink green tea if you like it (and if it's low in added sugar), but not to lower your risk of cancer. 🍵

¹ health.gov/dietaryguidelines/2015-scientific-report/11-chapter-6/d6-3.asp.

² *JAMA Intern. Med.* 174: 516, 2014.

³ *Am. J. Clin. Nutr.* 101: 1144, 2015.

⁴ *Appl. Physiol. Nutr. Metab.* 38: 681, 2013.

⁵ *Circulation* 120: 1011, 2009.

⁶ *J. Natl. Cancer Inst.* 96: 1577, 2004.

⁷ *Eur. J. Clin. Nutr.* 66: 1082, 2012.

⁸ *Diabetes Care* 31: 1311, 2008.

⁹ *Am. J. Clin. Nutr.* 80: 1237, 2004.

¹⁰ *Am. J. Clin. Nutr.* 87: 79, 2008.

¹¹ *Am. J. Clin. Nutr.* 100: 577, 2014.

¹² *Am. J. Clin. Nutr.* 98: 872, 2013.

¹³ *Nutr. Metab. Cardiovasc. Dis.* 21: 94, 2011.

¹⁴ *J. Parenter. Enteral Nutr.* 9: 317, 1985.

¹⁵ *Aliment. Pharmacol. Ther.* 33: 822, 2011.

¹⁶ *Food Funct.* 2: 72, 2011.

¹⁷ *Int. J. Food Sci. Nutr.* 62: 164, 2011.

¹⁸ *Am. J. Clin. Nutr.* 88: 1256, 2008.

¹⁹ *Breast Cancer Res.* 17: 15, 2015.

²⁰ *Breast Cancer Res.* 12: R88, 2010.

²¹ *Cancer Epidemiol. Biomarkers Prev.* 16: 1219, 2007.

²² *Carcinogenesis* 28: 2143, 2007.

²³ *Am. J. Epidemiol.* 167: 71, 2008.

²⁴ *Cancer Causes Control* 23: 1635, 2012.

²⁵ *Cochrane Database Syst. Rev.* 2009.

doi:10.1002/14651858.CD005004.pub2.

²⁶ *Gastroenterology* 148: 118, 2015.

²⁷ *Cancer Epidemiol. Biomarkers Prev.* 24: 466, 2015.

EYE KNOW

Blinded by claims about macular degeneration?

BY BONNIE LIEBMAN

In 2013, the second Age-Related Eye Disease Study (AREDS2) reported that a supplement could slow macular degeneration, the most common cause of blindness in older people. But two years later, the marketplace is still chock-full of AREDS formulas that don't reflect the study's findings. Here's the scoop.

In 2001, the National Eye Institute (NEI) reported that a supplement with vitamin C, vitamin E, beta-carotene, zinc, and copper could slow macular degeneration, though only if the disease was already at an intermediate or advanced stage.¹ (We'll call that study AREDS1.)

But NEI researchers worried that high-dose beta-carotene pills (25,000 IU) would raise the risk of lung cancer in current or former smokers. And in AREDS1, people who took zinc (80 mg a day) had more hospitalizations for problems

like urinary tract infections or an enlarged prostate.

The 2013 AREDS2 study found that replacing beta-carotene with lutein plus zeaxanthin and cutting zinc (to 25 mg a day) worked just as well (with no difference in hospitalizations), and that omega-3 fats (EPA and DHA) didn't help.² (See October 2013 cover story.)

Yet many AREDS supplements still have EPA, DHA, beta-carotene, and high doses of zinc. 🍌

¹ Arch. Ophthalmol. 119: 1417, 2001.
² JAMA 309: 2005, 2013.

To Slow Intermediate or Advanced Macular Degeneration

What you need each day

Vitamin C (500 mg)	Vitamin E (400 IU)
Lutein (10 mg)	Zeaxanthin (2 mg)
Zinc (25 mg)	Copper (2 mg)

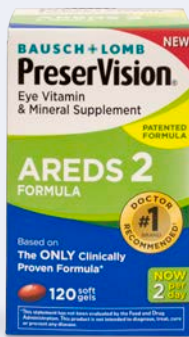
What you don't need

Beta-carotene	EPA + DHA
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Bausch + Lomb, which supplied supplements for both AREDS trials, still sells the AREDS1 formula with beta-carotene (left) or with lutein in its place (not shown). Why sell anything but the AREDS2 formula?

60-day supply: \$36 (cvs.com)



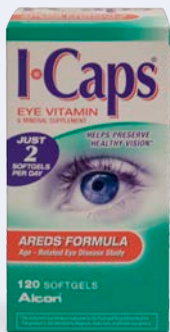
It has 80 mg of zinc (even though 25 mg works just as well). Why take more than necessary? Adults may absorb only 25 mg a day, and the Daily Value is 15 mg.

60-day supply: \$34 (cvs.com)



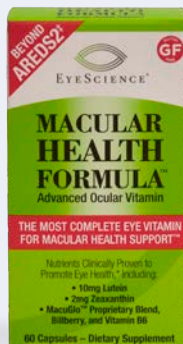
Target sells the AREDS2 formula, but with only 20 mg of zinc. The study used 25 mg. Want the 5 mg more? Add an ordinary multi (most have about 15 mg). Identical "AREDS2 based" formulas are made by Walgreens (\$25) and Walmart (\$19).

60-day supply: \$17 (target.com)



It's the AREDS1 formula. That means it has high doses of beta-carotene and zinc. The label doesn't say that the beta-carotene might harm current or former smokers.

60-day supply: \$29 (cvs.com)



The AREDS2 formula, but with 40 mg of zinc (the study used 25 mg). It also has nine other ingredients (like vitamins D and B-6, folate, selenium, and bilberry) that haven't been shown to slow macular degeneration.

60-day supply: \$64 (cvs.com)



It doesn't mention AREDS, but it's got the same ingredients that were tested in AREDS2, only in smaller doses. Don't count on it to slow your macular degeneration.

60-day supply: \$17 (cvs.com)



Brain Boost

A mix of diet, exercise, and brain training can boost some brain functions in older people at risk for dementia.

Finnish researchers recruited 1,260 people aged 60 to 77 who were at risk for dementia because they had average or slightly below-average scores on memory tests, as well as cardiovascular risk factors for dementia like high blood pressure, high cholesterol, excess weight, or a sedentary lifestyle. Half (the control group)

got general health advice. The other half (the intervention group) had their blood pressure, weight, etc., monitored and received group and individual training to:

- Eat a diet that included fruits and vegetables, whole (rather than refined) grains, low-fat (rather than high-fat) dairy and meat, fish at least twice a week, canola oil or margarine (rather than butter), and no more than 12 teaspoons of added sugars and 2,000 milligrams of sodium a day.

- Do aerobic exercise two to five times a week and strength training one to three times a week.

- Use a computer for 10 to 15 minutes three times a week to do tasks designed to improve memory, mental speed, and executive functioning.

After two years, the intervention group did better on tests of mental speed and executive functioning, but not memory. The researchers will follow the participants for seven years to see if the intervention lowers the risk of dementia.

What to do: Eat a healthy diet and stay physically and mentally active to keep your brain in shape.

Lancet 385: 2255, 2015.

Extra Pounds & Breast Cancer

Gaining weight can boost your risk of breast cancer, whether or not you take estrogen or other hormones after menopause.

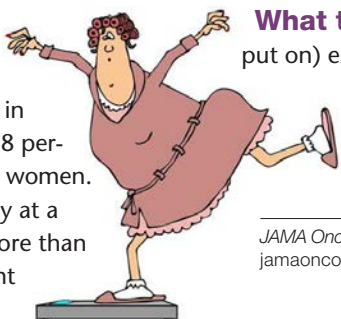
Researchers tracked more than 67,000 postmenopausal women who participated in the Women's Health Initiative clinical trial for an average of 13 years. The risk of breast cancer was 17 percent higher in overweight women than in normal-weight women, and 58 percent higher in the most obese women.

Those who started the study at a normal weight and gained more than 5 percent of their initial weight

over the 13 years had a 36 percent higher risk of breast cancer than those who gained less weight or none at all.

Unlike in some earlier studies, the scientists found that extra pounds boosted risk whether or not the women took postmenopausal hormones.

What to do: Try to lose (or not put on) excess pounds. And don't assume that gaining weight doesn't matter if you take hormones after menopause.



JAMA Oncol. 2015. doi:10.1001/jamaoncol.2015.1546.

Cutting Stroke Risk

Potassium and magnesium may help cut the risk of stroke.

Researchers tracked roughly 180,000 women in the Nurses' Health Study for 22 or 30 years. Those who averaged roughly 400 milligrams of magnesium a day had about a 10 percent lower risk of stroke than those who got roughly 230 mg a day. And women who averaged roughly 3,400 mg of potassium a day had about a 10 percent lower risk of stroke than those who got roughly 2,300 mg a day.

Calcium wasn't linked to a lower risk of stroke.

What to do: To get more magnesium, eat more leafy greens, beans, nuts, low-fat milk or yogurt, tofu, seafood, and whole grains. Fruits, vegetables, beans, seafood, milk, and yogurt are rich in potassium. A DASH or OmniHeart diet is rich in both (see March 2015, cover story).

Am. J. Clin. Nutr. 101: 1269, 2015.

Krill Oil Complication?

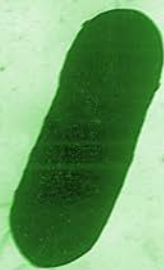
Krill oil—which comes from shrimp-like crustaceans in the Antarctic Ocean—is marketed as being far superior to fish oil. Maybe not.

Scientists gave 47 overweight middle-aged men 5 grams a day of either canola oil or a mix of krill oil (88 percent) plus salmon oil (12 percent) for eight weeks each. The krill-plus-salmon oil supplied both EPA (230 mg a day) and DHA (154 mg)—the two main omega-3 fats in fish oil and krill oil. The canola oil had neither.

Contrary to the researchers' expectations, the participants were 14 percent less insulin sensitive—that is, their insulin was less effective—when they took the krill-plus-salmon oil.

What to do: To play it safe, hold off on krill oil (not fish oil) to see if other studies confirm these results. They could be a fluke. 🍷

Am. J. Clin. Nutr. 2015. doi:10.3945/ajcn.114.103028.



LISTERIA

From cheese tasting to “life sentence”

BY DAVID SCHARDT

In 2012, John McKissick was a 69-year-old executive management trainer and consultant who had recently returned home to Murrysville, Pennsylvania, after having worked in the Middle East.

“I had hoped to continue working until I was 70 or 75,” he remembers. “But *Listeria* brought that to a screeching halt.”

McKissick’s troubles began in late May, when he and his wife sampled a selection of soft French cheeses.

“Pat and I liked cheese,” he explains. “And she had just come back from a trip to France, where she had learned about all kinds of different ones.”

The couple sat down with glasses of wine, baguettes, and half a dozen expensive soft French cheeses purchased at a supermarket in Pittsburgh. They worked their way from the gentler-tasting ones to the sharper ones. John liked the cheeses so much that he continued to eat them in the days following the tasting.

What the McKissicks didn’t know was that the French cheeses had become contaminated with *Listeria* from tainted ricotta salata cheese imported from Italy. (Ricotta salata is a salty white cheese made from pasteurized sheep’s milk. It’s not the ricotta cheese that’s sold in tubs and used to make lasagna.)

The supermarket had cut the *Listeria*-laced ricotta salata into smaller pieces and repackaged them as its store brand. In the process, some *Listeria* must have attached itself to a worker’s finger, a knife, or a counter surface that later came in contact with a cheese that ended up in the McKissicks’ shopping cart.

(The McKissicks declined to name

Listeria monocytogenes is responsible for fewer than one out of every 10,000 cases of food poisoning in the United States. But the bacterium is so virulent, especially in older adults, that it’s the third-leading cause of death from food-borne illnesses.

Even if you manage to live through the experience, your ordeal may not be over.

John McKissick once asked a fellow survivor how long it took to recover from his *Listeria* infection. “He said, ‘Oh, you never get over it,’” McKissick remembers. “And I’m finding that to be very much the case.”

strain of the flu and that I would get over it in a week or so,” he remembers. Pat didn’t get sick.

Listeria can cause diarrhea and other GI symptoms that typically clear up by themselves. But John had contracted invasive listeriosis, which meant that the infection had spread to his nervous system and “brain.”

When McKissick got worse and started passing out, his wife took him to the hospital emergency room. He was admitted to the intensive care unit.

At first, nobody knew what was making him so sick.

“Listeriosis isn’t common like colds or the flu,” notes McKissick, “so most doctors don’t recognize it right away.”

The Centers for Disease Control and Prevention estimates that there are about 1,600 cases of listeriosis in the United States every year. *Salmonella* infections, in contrast, sicken millions.

John belonged to one of the high-risk groups for listeriosis. Adults 65 years and older are four times more likely than younger people to get *Listeria* infections. Also at high risk are people with weakened immune systems and pregnant women (who generally recover, but often miscarry).

Since McKissick had just returned from Dubai, the doctors thought he might have picked up some virus in the Middle East, so they isolated him from other patients.

Meanwhile, McKissick’s condition deteriorated.

“My temperature skyrocketed, my blood pressure was out of control, my

the supermarket, but press reports have identified it as a Whole Foods Market.)

John McKissick would become one of the first victims of an outbreak that spread to 13 states and the District of



John and Pat McKissick. “Having listeriosis is like a life sentence. You may never get over it.”

Columbia between March and September of 2012. The final toll: 22 sickened, 20 hospitalized, four dead, and one miscarriage.

About a week after the McKissicks’ cheese tasting, John became ill with chills, fever, high temperature, vomiting, and headaches.

“Pat and I thought it was some odd

>>>>>

heart rate was bad, and my breathing was depressed.”

“He was so very, very sick,” says Pat. “John had seizures and a blood clot in his lung and there was a possible heart attack.”

The doctors didn’t know if he would survive. They told Pat to summon their two sons and other family and friends to say their goodbyes.

“I couldn’t believe that my husband of 49 years was fighting for his life.”

Pat had good reason to worry. In severe listeriosis cases like John’s, half or more of the patients die, according to the Food and Drug Administration.

One son rushed home from Africa, where he was serving in the Peace Corps, the other from New Mexico.

Finally, after about a week, a lumbar puncture test revealed the presence of *Listeria*. The diagnosis: *Listeria meningitis*.

Most cases of meningitis—a swelling of the protective membranes that surround the brain and spinal cord—are caused by viruses. Meningitis that comes from *Listeria* or other bacteria is rarer, but is typically more serious. If not treated quickly, it can cause deafness, epilepsy, and brain damage.

John spent weeks in the hospital, fading in and out of consciousness. “I had a lot of hallucinations which were pretty crazy,” he says.

A state epidemiologist heard about the diagnosis and called Pat to find out what John had been eating.

Sidestepping *Listeria*

Here are some recommendations from the Food and Drug Administration. For more details, see www.fda.gov/ForConsumers/ConsumerUpdates/ucm274114.htm.



Raw Fruits & Vegetables

■ **Rinse** thoroughly under running tap water before eating, cutting, or cooking (even if the produce will be peeled).

■ **Scrub** firm produce like melons and cucumbers with a clean produce brush.

■ **Dry** with a clean cloth or paper towel.

Special instructions for melons: Before and after handling a whole melon, wash your hands with warm water and soap for at least 20 seconds. Keep cut melon refrigerated at no more than 40°F (32° to 34° is best) for no more than 7 days. Discard cut melon that has been left at room temperature for more than 4 hours.



Refrigerator

■ **Use** a refrigerator thermometer to make sure that the internal temperature is 40°F or lower and that the freezer is 0°F or lower.

■ **Clean** up all spills right away, especially juices from hot dog or luncheon

meat packages, raw meat, or raw poultry.

■ **Clean** the inside walls and shelves frequently with hot water and liquid soap, then rinse.



Precooked or Ready-to-Eat Foods

■ **Use** as soon as you can. Don’t keep beyond the use-by date.

■ **Store** unopened packages of hot dogs in the refrigerator for no longer than 2 weeks, and opened packages for

no longer than 1 week.

■ **Store** factory-sealed unopened packages of luncheon and deli meats in the refrigerator for no longer than 2 weeks, and opened packages and meat sliced at the deli counter for no longer than 3 to 5 days.



Raw Milk

■ **Don’t** drink raw (unpasteurized) milk or eat foods that have unpasteurized milk in them.

When he learned about the soft cheeses, he arranged to pick them up. The cheeses tested positive for *Listeria*.

After a month, the hospital moved John to a rehabilitation facility for brain injuries, where he underwent a grueling six weeks of physical therapy.

“It took a lot of work for me to learn to speak, walk, and feed myself again,” he says. “It wasn’t pleasant.”

More than two months after he was rushed to the emergency room, John returned home in a wheelchair.

“He couldn’t walk well, and he was very medicated,” says Pat. Even now, three years later, he takes 12 drugs a day, and he will be on anti-seizure medication for the rest of his life.

John wanted to return to teaching. “But I really had no choice,” he says.

“My speech was degraded, and I had become very uncomfortable being around a lot of people. I could talk to one person, but if you added more people to the mix, I would feel very anxious.”

Listeriosis also affected his balance. “And I have tremors in my hands, so I can’t really write much of anything.”

Then there’s the fatigue. “I get tired very quickly and I’m likely to fall asleep in the afternoon, or maybe even in the morning.”

Pat says that it’s hard to see him like this because he was such an active person.

“I used to enjoy hiking and rafting and other outdoor activities,” says John, “but I wouldn’t try any of that now.”

By mid-September, more than a month after John McKissick left rehab, the CDC was able to link his case and others to the imported ricotta salata cheese.

The U.S. importer issued a recall and said that it would no longer do business with the Italian manufacturer. And the FDA imposed an Import Alert, which means that the company now has to prove that its foods are *Listeria*-free before they can enter the United States.

Even so, five more people became sick that September. Since most stores had repackaged the tainted cheese in smaller chunks and sold it under different brand names, consumers couldn't easily tell if they had any in their refrigerators. And there was no way to know whether some other cheese they may have bought had been cross-contaminated with *Listeria* from the tainted ricotta salata.

Meanwhile, the McKissicks hired a law firm that specializes in food-safety cases and sued Whole Foods Market. They reached a settlement before the case came to trial.

Listeria monocytogenes "is one of the toughest food-borne pathogens to control," says Fadi Aramouni, a food-safety expert at Kansas State University.

"Unlike other microorganisms that cause food poisoning, *Listeria* survives in cold, wet environments, where it can grow and multiply."

It hides in niches in walls, in drains, and in spots where condensation forms, especially in cold rooms where plants package already-cooked foods like hot dogs and luncheon meats.

"It has even been known to land on food in drops of water," says Aramouni.

It's not that *Listeria* is resistant to

Foods linked to *Listeria* outbreaks in the United States since 2011

cantaloupes
caramel apples
ice cream
mung bean sprouts
soft cheese



disinfectants, adds Aramouni. "It's just that it will hide in cracks in walls and other places that sanitizers sometimes miss."

Companies can prevent *Listeria* contamination, notes Aramouni. "But it requires constant vigilance."

Maple Leaf Foods, Canada's rough equivalent of Oscar Mayer, thought it was being vigilant enough in 2008. But that didn't prevent *Listeria* from

contaminating its cold cuts that year, killing 22 people.

The company had a good track record in preventing contamination at its Bartor Road plant in North York, Ontario. It sanitized all surfaces that came into contact with food every day and cleaned the entire plant every weekend.

But for almost a year before the outbreak, inspectors had repeatedly detected *Listeria*. Each time they did, the staff embarked on a "search and destroy" campaign, sanitizing all the surfaces in the building where they thought the bacteria could grow. And the *Listeria* seemed to vanish, at least for a while.

A later investigation found that *Listeria* was there all along, and was breeding in meat residue buried deep inside slicing machines on two of the company's production lines. The machines were replaced.

Getting back to normal has been a struggle for the McKissicks.

Not surprisingly, John doesn't eat like he used to. "If it's blue cheese, Brie, Camembert, anything like that, I won't touch it," he says. (While soft cheese wasn't the original source of the bacteria that made McKissick ill, it has been the culprit in other *Listeria* outbreaks.)

"I also don't eat from salad bars in restaurants. And I won't get things like pastrami or cappicola from the deli. If it's not cooked, roasted, or boiled, I'm not going to eat it."

Former Peace Corps volunteers and world travelers, the McKissicks are finally starting to take trips again.

They visited Cuba earlier this year, although John's health limited what they could do.

"He can't walk very much," says Pat. "His neurologist says that he's made a remarkable recovery, but he will probably always have the results of *Listeria*." 🍌

When You Might Want to do More

If you're pregnant, have a weakened immune system, or are 65 or older, here's the FDA's advice:



■ **Don't** eat soft cheeses like feta, queso blanco, queso fresco, Brie, Camembert, blue, or panela. (If you do eat them, look for "Made with pasteurized milk" on the label.)

■ **Don't** eat hot dogs, luncheon meats, cold cuts, other deli meats, or fermented or dry sausages unless they have been reheated and are steaming hot just before being served.

■ **Wash** your hands after handling hot dogs, luncheon meats, or deli meats.

■ **Don't** eat refrigerated pâté or meat spreads from a deli or meat counter or from the refrigerator section of the grocery store.

■ **Unless** they're in a casserole or other cooked dish, don't eat refrigerated smoked salmon, trout, cod, whitefish, tuna, or other fish. (They typically have the words "smoked," "lox," "nova," "kippered," or "jerky" in their names.)



Summer Fling

BY KATE SHERWOOD

If you're going to take advantage of the best that summer offers, don't skimp on the produce. That means, for example, springing for the tastiest, ripest tomatoes you can find: heirlooms if there's an ATM machine handy, cherry tomatoes otherwise. 🍅

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.



Green Bean Potato Salad

- 1 lb. Yukon Gold, fingerling, or other waxy potatoes, cut into bite-sized chunks
- 1 lb. green beans, trimmed and cut into 1-inch pieces
- 2 Tbs. whole-grain mustard
- 2 Tbs. extra-virgin olive oil
- 1 Tbs. red wine vinegar
- ¼ tsp. kosher salt

In a medium pot, cover the potatoes with cold water. Bring to a boil over high heat, then reduce to a gentle boil. Cook until tender but not falling apart, 10-12 minutes. Drain and rinse under cold water. ● Steam the green beans until tender, 3-5 minutes. Rinse under cold water. ● In a large bowl, whisk together the mustard, oil, vinegar, and salt. Gently toss the potatoes and green beans in the dressing.

Per serving (1 cup): calories 130 | carbs 19 g
total fat 5 g | sat fat 0.5 g
sodium 190 mg | fiber 4 g | protein 3 g

SERVES 6



Green Gazpacho

- 4 cups chopped ripe yellow tomatoes
- 1 green bell pepper, seeded and chopped
- 3 mini cucumbers, chopped
- 1 avocado, chopped
- ¼ Vidalia onion, chopped
- 2 Tbs. extra-virgin olive oil
- 2 Tbs. white wine vinegar
- 2 cups ice cubes
- ¾ tsp. kosher salt

Combine all the ingredients in a large bowl. In two batches, process in a blender on high speed until creamy and completely smooth.

Per serving (1 cup): calories 130 | carbs 9 g
total fat 10 g | sat fat 1.5 g
sodium 250 mg | fiber 4 g | protein 2 g

SERVES 6



Chopped Summer Salad

- 3 Tbs. low-fat sour cream
- 3 Tbs. mayonnaise
- 2 Tbs. minced chives or scallions
- 2 Tbs. minced fresh dill or basil
- 2 tsp. white wine vinegar
- ¼ tsp. kosher salt
- 2 cups chopped romaine
- 2 cups chopped tomatoes
- 2 cups raw corn kernels, cut from 2 ears
- 1 cup chopped red, orange, or yellow bell pepper
- 1 cup chopped cucumber
- ¼ cup sunflower seeds or chopped smoked almonds (optional)

In a large bowl, whisk together the sour cream, mayonnaise, chives, dill, vinegar, and salt. Toss the remaining ingredients with the dressing.

Per serving (2 cups): calories 190 | carbs 21 g
total fat 11 g | sat fat 2 g
sodium 220 mg | fiber 4 g | protein 5 g

SERVES 4



SWEET FREEZES

What's hot in frozen desserts

BY JAYNE HURLEY & BONNIE LIEBMAN

The frozen-dessert aisle sure isn't frozen in time.

Häagen-Dazs now has an Artisan Collection with mix-ins like banana rum swirl. Ben & Jerry's has a line with a "core" of fillings like peanut butter fudge. And nearly every brand now has a line of gelato.

But if you're careful, you can still cool off without a calorie, sugar, and saturated fat overload. Some frozen yogurts and kefirs even offer a decent dose of protein and calcium. Here's the scoop.

The information for this article was compiled by Lindsay Moyer.

Frozen Facts

Ready, label readers? Take note:

■ **Serving size.** On Nutrition Facts labels, a serving is just a half cup. That's less than a tennis ball's worth of ice cream. In 2014, the Food and Drug Administration proposed a one-cup serving

(based on surveys of what people eat). So that serving of Häagen-Dazs Butter Pecan may someday jump to 600 calories and 20 grams of saturated fat. Until then, labels—and our charts—will show a half cup. But check your bowl. Need to multiply?

■ **Calories.** Super-premium ice creams like Ben & Jerry's and Häagen-Dazs hit 250 to 300 calories per half cup. Gelatos typically range from 200 to 250 calories, and regular ice creams are around 150 to 200. With "½ the fat" or "light" ice creams, sorbets, and frozen yogurts, you're talking 100 to 150 calories (150 is our limit for a Better Bite). "Fat free" and "no sugar added" ice creams can drop below 100 calories, but most no-sugar-added contain acesulfame-potassium, sucralose, or monk fruit extract, sweeteners that need more testing.

■ **Saturated fat.** Our Better Bites have 2½ grams or less. Ben & Jerry's and Häagen-Dazs (which often hit 10 grams—half a day's worth) miss by a mile. And that's if you stick to just a half cup.

■ **Sugars.** Our Better Bites have no more than 5 teaspoons of the "sugars" that Nutrition Facts labels list. That number includes the naturally occurring sugar in milk and fruit.

We estimate that most ice creams and frozen yogurts have about 1 teaspoon of milk sugar, which leaves up to 4 teaspoons of added sugars in our Better Bites. (They're *Better*, not *Best*, because 4 teaspoons isn't far from a day's limit—6 teaspoons for women and 9 for men.)

We didn't apply the 5-teaspoon limit to sorbets and sherbets because it's hard to estimate how much of their sugar comes from fruit. So Better Bites had to list fruit or fruit purée (not juice) as the first ingredient.



Try to stick to a half cup. Tennis, anyone?

Fro for All

Most frozen yogurts are Better Bites. Our faves:

■ **Dannon Oikos Greek.** All but one are Better Bites. They also deliver 6 or 7 grams of protein and 20 percent of a day's calcium—about what's in non-Greek, non-frozen Dannon Fruit on the Bottom. Yum.

■ **Lifeway Frozen Kefir.** This "tart and refreshing cousin of yogurt" tastes like the tangy yogurts at shops like Pinkberry and Red Mango. For just 90 delicious calories, you get 4 grams of protein and 15 percent of a day's calcium. All five flavors are Better Bites. (It's sold at some Whole Foods, Harris Teeter, ShopRite, and Wegmans locations.)

■ **Häagen-Dazs.** All three flavors have too many calories (160 to 180) to be Better Bites. But if you want creamy frozen yogurt, go no further. Bonus: you'll get a good dose of calcium (10 to 20 percent of a day's worth) and protein (5 to 9 grams).



More protein and calcium than ice cream.

Halve It All

"½ the fat" and "light" lines trim fat and calories...with no more sugar than regular ice creams. What's not to like?

■ **Dreyer's or Edy's Slow Churned ½ the Fat.** Choose from two dozen or so Better Bites with around 110 calories and 2 grams of sat fat. And so delish.

21 yummy Better Bites. Take your pick.

■ **Breyers ½ the Fat.** All three flavors are Better Bites. But so are 10 of the flavors in Breyers' regular line. Which ones? Check our chart.

■ **Turkey Hill Light Recipe.** The company adds enough calcium and vitamin D to its four Light Recipe flavors (all Better Bites) to reach 20 to 25 percent of a day's worth. That's fine...just don't mistake them for health food.

■ **Lovin' Scoopful.** You'll find mostly Better Bites and near misses in this line of "gourmet light ice cream" that's available in the West, Texas, the mid-Atlantic, and most of the Northeast. Mmm.



Overloaded

Companies are tripping over each other to spike their ice cream with candy, caramel, fudge, and other sugary goo. Goo riddance!

■ **Ben & Jerry's Core and Cookie Core.** The original Cores—Hazed & Confused, Karamel Sutra, Peanut Butter Fudge, Salted Caramel, and

Caloric to the core.

That's My Jam—were such a hit that Ben & Jerry's added *Cookie Cores* filled with "cookie butter" like Speculoos.

Thanks, guys! We needed a new way to gulp down more white flour, sugar, and oil and inhale 300 calories and half a day's saturated fat in, say, 10 bites. Of course, that's if you keep it to just a half cup.

■ **Häagen-Dazs Artisan Collection.** "Made like no other," crow's the Spiced Pecan Turtle, one of six flavors inspired by "notable culinary artisans." You betcha. You won't find many *other* ice creams that jam 310 calories and 11 grams of sat fat into each half cup. Not so smartisan.



Done with Dairy?

Avoiding dairy? You'll give up calcium, you've gotta watch the calories, and—don't fool yourself—the chief ingredients are water and sugar, not nuts. But the saturated fat is low (except for coconut)...and the cashew milks taste terrific.

■ **Cashew milk.** "So Delicious Dairy Free Cashew Milk" is what you get in each half cup of Amy's Kitchen Organic Cool Scoops or Luna & Larry's Organic Coconut Bliss. Why bother, when cashew milk is so creamy?

■ **Almond milk.** Four Almond Dreams—Cappuccino Swirl, Praline Crunch, Strawberry, and Vanilla—are Better Bites. (Just don't expect more than about four almonds per half cup, judging by their 1 gram of protein.) Pass up So Delicious Almond Milk frozen desserts, which hover around 4 grams of sat fat, thanks to added coconut oil.

■ **Soy milk.** So Delicious Organic Soymilk frozen desserts (which are sold in quarts) are all Better Bites. Most of the company's other soy frozen desserts (which come in pints) feature sugary mix-ins, which explains their 200-or-so calories. Tofutti (mostly water, sugar, and oils) hits 200 to 250 calories.

■ **Coconut milk.** Ready for half a day's sat fat? That (and 200 calories) is what you get in each half cup of Amy's Kitchen Organic Cool Scoops or Luna & Larry's Organic Coconut Bliss. Why bother, when cashew milk is so creamy?



You won't believe it's not ice cream.

Fruit First

If you're looking for fruit, sorbet beats sherbet. A handful of pricier sorbets even have fruit or fruit purée as the first ingredient. (Caution: they still have added sugars, but the companies wouldn't tell us how much.) Our fruit-first favorites:

■ **Talenti Sorbetto.** A half cup of the Blood Orange or Roman Raspberry supplies 40 percent of a day's vitamin C. The Alphonso Mango has 40 percent of a day's vitamin A and 25 percent of a day's C. "Better ingredients make happy spoons," says the package. Indeed.

■ **Ciao Bella Sorbetto.** Looking for "pure mango magic"? The website isn't kidding. Consider the 10 percent of a day's vitamin A and 30 percent of a day's C in a half cup of the Alphonso Mango a bonus.



More raspberries than anything else...and you can really taste them.

A Lotta Gelato

Gelato is all the rage. But what is it?

"Gelato contains less air (also known as overrun) than ice cream, making the flavors much more intense," says gelato-maker Talenti's website. "It also has less fat than ice cream (since there's less cream and more milk)."

In fact, most gelato only has less fat (and cream) than *super-premium* ice creams like Ben & Jerry's and

Ignore the hype. Gelato is no better for you than regular ice cream.

Häagen-Dazs. Gelato does have less air than ordinary ice cream...but that leaves room for more calories, saturated fat, and sugar in each half cup. Sigh.

■ **Breyers Gelato Indulgences.** An airy, low-end version of gelato that's smothered in sugary toppings. Not worth it.

■ **Ciao Bella.** The line averages 240 calories and 8 grams of sat fat with 5 teaspoons of sugar. That's awfully close to Häagen-Dazs ice cream territory. Not so bella, eh?

■ **Häagen-Dazs.** "An exceptionally smooth indulgence that's light on your palate," says the Dark Chocolate Chip Gelato label. With 270 calories, 8 grams of sat fat, and about 6½ teaspoons of sugar, it sure ain't light anywhere else.

■ **Talenti.** You'll get around 220 calories, 6 grams of sat fat, and 6½ teaspoons of sugar. That beats Ben & Jerry's or Häagen-Dazs but not Breyers, Dreyer's, or Edy's ice cream.

■ **Whole Foods Italian.** It's lower in calories (most flavors have around 140) because it's less dense than others. Oddly, it's made with coconut oil instead of cream. Must be part of that "Authentic Italian" recipe.

■ **Dreyer's or Edy's Frozen Custard.** Frozen custard is gelato's close cousin. "Rich, extra thick and creamy and made with wholesome ingredients like fresh milk," says the company's website. Rich, indeed. Expect more calories (around 230), sat fat (6 grams), and sugar (4½ teaspoons) than Dreyer's or Edy's Grand ice cream. 🍌



The Inside Scoop

Better Bites (✓) have no more than 150 calories and 2.5 grams of saturated fat per half cup. Sorbets and sherbets have no sugar limit, but must have fruit or fruit purée as the first ingredient. Others can't have more than 5 teaspoons of total sugars. All are free of acesulfame-potassium, sucralose, or monk fruit extract. Products are ranked from least to most sat fat, calories, and total sugars, then most to least calcium. Items in **bold** have at least 6 grams of protein.

	Calories	Saturated Fat (g)	Total Sugars (tsp)	Calcium (%DV)
Ice Cream (½ cup)				
Arctic Zero Creamy ⁵	35	0	1	0
✓ Breyers Fat Free ¹	90	0	3	8
✓ Blue Bunny Hi Lite ¹	100	1.5	3.5	10
Dreyer's or Edy's Slow Churned ½ the Fat No Sugar Added ^{1,5}	110	2	0.5	6
✓ Breyers ½ the Fat ¹	110	2	3	6
✓ Dreyer's or Edy's Slow Churned ½ the Fat—except French Silk ¹	110	2	3	6
✓ Trader Joe's Light Vanilla	110	2	3.5	10
✓ Breyers Lactose Free ¹	110	2	3.5	8
✓ Breyers—Butter Almond, Butter Pecan, Cherry Vanilla, Coffee, Cookies & Cream, Extra Creamy Chocolate or Vanilla, Peach, Salted Caramel, or Vanilla Fudge Twirl ¹	120	2	3	6
✓ Lovin' Scoopful—except Caramel Chocolate Heaven, Mintalicious, or Moose Tracks ¹	120	2	4	8
✓ Turkey Hill Light Recipe ¹	130	2	3.5	20
✓ Breyers Blasts!—Birthday Blast, Creamsicle, Mrs. Fields Chocolate Fudge Brownie, Oreo flavors, Reese's Chocolate, or Sara Lee Strawberry Cheesecake ¹	130	2	3.5	4
✓ Turkey Hill Stuff'd—Double Cookies 'n Cream or Strawberry Cheesecake ¹	140	2	3.5	15
Breyers No Sugar Added ^{1,5}	90	2.5	1	6
✓ Alden's Organic Light ¹	120	2.5	3.5	20
✓ Blue Bunny Premium—Caramel Fudge Brownie or Red Velvet ¹	130	2.5	3.5	10
Lovin' Scoopful—Caramel Chocolate Heaven, Mintalicious, or Moose Tracks ¹	140	3	4	8
Breyers Blasts!—except Birthday Blast, Creamsicle, Mrs. Fields Chocolate Fudge Brownie, Oreo flavors, Reese's Chocolate, or Sara Lee Strawberry Cheesecake ¹	140	3	4	6
Dreyer's or Edy's Slow Churned ½ the Fat French Silk	130	3.5	4	6
Breyers—except Butter Almond, Butter Pecan, Cherry Vanilla, Coffee, Cookies & Cream, Extra Creamy Chocolate or Vanilla, Peach, Salted Caramel, or Vanilla Fudge Twirl ¹	140	4	3.5	6
Turkey Hill Original Recipe ¹	150	4.5	3	6
Dreyer's or Edy's Grand ¹	150	4.5	3.5	6
Blue Bunny Premium—except Caramel Fudge Brownie or Red Velvet ¹	160	4.5	4	8
365 or 365 Organic (Whole Foods) ¹	160	5	3.5	10
Turkey Hill All Natural ¹	170	6	4	10
Baskin Robbins ¹	220	7	4.5	10
Trader Joe's Super Premium ¹	270	9	5.5	15
Häagen-Dazs—regular or Artisan Collection ¹	280	10	5.5	10
Ben & Jerry's—regular, Cookie Core, or Core ¹	290	10	6	10
Gelato & Frozen Custard (½ cup, gelato unless noted)				
Breyers Gelato Indulgences ¹	160	4	4.5	8
Whole Foods Italian ¹	140	4.5	4.5	8
Talenti ¹	220	6	6.5	15
Dreyer's or Edy's Frozen Custard ¹	230	6	4.5	8

	Calories	Saturated Fat (g)	Total Sugars (tsp)	Calcium (%DV)
Häagen-Dazs ¹	250	6	6	8
Turkey Hill All Natural ¹	220	7	5	15
Ciao Bella ¹	240	8	5	10
Frozen Yogurt & Kefir (½ cup, yogurt unless noted)				
✓ Kemps Fat Free ¹	90	0	3.5	10
✓ Turkey Hill ¹	100	0	3.5	25
✓ Trader Joe's 0% Greek Vanilla	100	0	4	15
✓ Stonyfield Organic—After Dark Chocolate, Gotta Have Java, or Gotta Have Vanilla	100	0	4.5	15
✓ Lifeway Frozen Kefir	90	0.5	4	15
Häagen-Dazs¹	170	1	5.5	15
✓ Dreyer's or Edy's Slow Churned Blends ¹	110	1.5	3.5	10
✓ Kemps Low Fat ¹	110	1.5	3.5	8
✓ Blue Bunny ¹	110	1.5	4	15
✓ Stonyfield Organic Minty Chocolate Chip	140	1.5	5	15
✓ Kemps—except Chocolate Chip or Chocolate Peanut Butter Cup ¹	140	2	4	8
✓ Dannon Oikos Greek—except Salted Caramel ¹	150	2	4.5	20
Dannon Oikos Greek Salted Caramel	160	2	5	20
Ben & Jerry's FroYo ¹	200	2.5	6.5	15
Kemps—Chocolate Chip or Chocolate Peanut Butter Cup ¹	130	3	4	8
Ben & Jerry's Greek ¹	190	3	5	15
Non-Dairy (½ cup)				
✓ So Delicious Organic Soymilk ¹	130	0	3.5	0
✓ Almond Dream—except Chocolate, Mint Chip, or Toffee Almond Fudge ¹	140	0.5	3.5	2
✓ So Delicious Soymilk Purely Vanilla	140	0.5	4.5	0
✓ So Delicious Cashew Milk—Cappuccino or Creamy Cashew	150	1	4	2
Almond Dream—Chocolate, Mint Chip, or Toffee Almond Fudge ¹	170	1	3.5	2
Rice Dream—Organic or regular ¹	170	1	4	0
So Delicious Cashew Milk—except Cappuccino or Creamy Cashew ¹	180	2.5	4.5	2
So Delicious Soymilk—except Purely Vanilla ¹	180	2.5	5	0
Tofutti ¹	220	2.5	4.5	0
So Delicious Almond Milk ¹	140	4	3	2
So Delicious Coconut Milk ¹	150	6	3.5	0
Amy's Kitchen Organic Cool Scoops ¹	200	11	3.5	0
Luna & Larry's Organic Coconut Bliss ¹	220	12	3.5	0
Sorbet & Sherbet (½ cup)				
✓ Sharon's Sorbet—Mango, Mixed Berry, Passion Fruit, or Raspberry ¹	100	0	5.5	0
✓ Ciao Bella Sorbetto—Alphonso Mango, Blackberry Cabernet, Peach Sangria, or Raspberry ¹	110	0	6	0
✓ Trader Joe's Sorbet—Mango or Raspberry ¹	120	0	6	0
Ciao Bella Sorbetto—Blood Orange, Passion Fruit, or Pear Hibiscus ¹	120	0	6.5	2
Häagen-Dazs Sorbet ¹	130	0	7	0
✓ Talenti Sorbetto ¹	130	0	7	0
Dreyer's or Edy's Grand Sherbet ¹	130	0.5	5	4
Ciao Bella Sorbetto—Coconut or Dark Cocoa ¹	180	7	5.5	0

✓ Better Bite. ¹Average. ⁵Contains acesulfame-potassium, sucralose, or monk fruit extract.

Daily Limits (for a 2,000-calorie diet): **Saturated Fat:** 20 grams. **Added Sugars:** 6 teaspoons (25 grams) for women, 9 teaspoons (38 grams) for men. **Calcium Daily Value (DV):** 1,000 mg.

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

RIGHT STUFF

SNAP TO IT



Looking for a new and easy way to serve veggies? Mann's has your number, with its new **Snap Pea Sensations**.

Choose from **Asian Sesame** (which comes with soy ginger dressing and sesame seeds) or **Mediterranean Style** (with basil garlic dressing and parmesan cheese). Mmm.

A 1½-cup serving has just 60 calories (Asian) or 100 calories

(Mediterranean) and 2 or 3 grams of fiber. It also supplies 90 percent of a day's vitamin C, 20 percent of a day's vitamin A, and 10 percent of a day's folate and iron.

And Mann's doesn't smother its peas in salt. With dressing, a serving delivers just 135 milligrams of sodium.

Prep? Couldn't be easier.

You can go cold (empty snap peas in bowl, add dressing and sesame seeds or parmesan, and toss) or hot (follow the bag's five simple steps for a two-minute sauté).

You can also make that side dish a main by adding sautéed tofu, chicken, shrimp, or another protein.

Mann's website offers recipes for a huge list of vegetables that the company markets—from broccolini to brussels sprouts to butternut squash.

"Healthy Cooking Made Easy!" says the package.

Mann, did they nail it!

veggiesmadeeasy.com — (800) 285-1002

FOOD PORN

LARD HOUSE

"Our chefs are immersed in the world's emerging food trends," says the website for **Yard House**, a 52-location chain in 22 states.

We didn't know there was a *two desserts in one* trend. If there is, Yard House's **S'mores Brownie**—a graham cracker crust filled with a brownie topped with roasted marshmallows—is on its leading edge.

Not so trendy: the 1,490 calories and 26 grams (more than a day's worth) of saturated fat, all that white flour, and the 36 teaspoons of (mostly) added sugar. That's a 4-day supply for men and 6 days' worth for women.

Calorie-wise, the S'mores beats the Macadamia Nut Cheesecake (1,330), the Kona Coffee Ice Cream Sundae (1,170), or any other Yard House dessert. You might as well order two Quarter Pounders with Cheese smothered in 30 packets of sugar.

And that's after you've polished off an appetizer like the Onion Ring Tower (1,340 calories) *plus* maybe a New York Steak Sandwich with sweet potato fries (1,910 calories).

The chain does devote a section of its menu to meat-free Gardein, but a 2,330-calorie Gardein Orange Peel Chicken (400 calories *more* than the real-chicken version)? C'mon.

Forget the S'Mores. Yard House could use a lot S'Less.

yardhouse.com — (407) 245-4000



dish OF THE MONTH



Lemony Chickpeas

In a medium bowl, whisk together 2 Tbs. fresh lemon juice, 2 Tbs. plain 0% Greek yogurt, 2 Tbs. extra-virgin olive oil, 2 tsp. tahini, and ¼ tsp. kosher salt. Toss with 1 drained 15 oz. can no-salt-added chickpeas and ¼ cup chopped flat-leaf parsley. Makes 2 cups.

quick tip

If you store large whole tomatoes in the refrigerator, they're likely to turn mealy. If you store *small* whole tomatoes (cherry or grape) in the fridge, they *won't*...and they'll keep much longer.