

Nutrition Action

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DODGE DISEASE WITH DIET

A QUIZ



The best
frozen
treats

Short on
SLEEP?

GINGER
TURMERIC
CINNAMON
More than spices?

MEMO FROM MFJ

2017: the Year of Plant-Based Meat?



The non-meat “meat” world is exploding.

In October, Tyson Foods—the biggest American marketer of chicken, pork, and beef—shocked the industry by buying a 5 percent stake (no pun intended) in Beyond

Meat, which makes burgers, chick’n strips, beefy crumbles, and more, mostly from soy and pea protein.

And Gardein—which uses grain and soy protein to make tenders, beefless tips, fishless filets, and more—has been bought by Pinnacle Foods, which owns Armour canned meats.

Both are duking it out with burgers, chick’n strips, bacon strips, and breakfast sausage from MorningStar Farms (owned by Kellogg).

Then there’s Impossible Foods, which uses heme molecules made by genetically engineered yeast to try to replicate the taste of real burgers. And you’ve got the familiar veggie-burger brands like Boca (owned by Kraft Heinz) and Dr. Praeger’s.

But it’s not just red meat, chicken, and fish that small companies—some backed by venture capitalists—are going after.

There’s Just Mayo, an egg-less mayonnaise by Hampton Creek. Dairy-free milks abound, based mostly on soy, almonds, cashews, or (now, with Ripple) pea protein. And newcomer Perfect Day is developing milk, cheese, yogurt, and other cow-less “dairy” foods using genetically engineered yeast to make the same proteins that are found in milk.

Not only are these foods convenient; many of them taste great. Most are also good for you, though some are too high in salt or too low in protein, so you still have to read labels

carefully. And you should avoid Quorn, which can cause severe vomiting, diarrhea, and, less often, potentially fatal allergic reactions.

Human health aside, the great virtue of non-meat “meats” is that they tread relatively lightly on the environment.

Beef cattle that are fattened up in feedlots are fed enormous amounts of grain. Producing that grain requires enormous amounts of fertilizer, water, and pesticides. And cattle feed usually contains low doses of antibiotics, which spur the growth of antibiotic-resistant bacteria.



Plant-based “meats” are booming.

Moreover, crowded feedlots stink up the neighborhood, as do piles or lagoons of manure. Raising chickens and turkeys causes the same problems, though on a much smaller scale. Pigs are somewhere in the middle.

And there’s the animals’ welfare.

Cattle walk around in corrals layered with dung and are sometimes mistreated in slaughterhouses. Broiler chickens live in darkened houses filled with 50,000 to 100,000 birds. And most egg-laying hens are crammed into small cages (though, thanks to animal welfare groups, living conditions are improving).

Veggie meats aren’t the answer to all of our health and environmental problems. But if you’re a meat eater, I urge you to wander over to the freezer or refrigerator case and try one or two.

If they’re good enough for Tyson...



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DODGE DISEASE WITH DIET

A QUIZ

BY BONNIE LIEBMAN



Do soy foods cause breast cancer? Does vitamin C prevent colds? Do any foods or supplements protect your memory?

Here's a quiz to see how well you know which foods or supplements can help prevent which diseases. Feel free to cheat. The questions aren't a test of how well you remember each issue of *Nutrition Action*. They're just a sneaky way to get you to read the answers, which are packed with useful facts.

Why do so many questions ask what is *least* likely to prevent a health problem? Because, that way, instead of finding just one thing that works, you learn about four that do (and one that doesn't). **Each question has only one answer.**

1. Which is LEAST likely to help prevent memory loss?

- a. controlling blood pressure
- b. filling half your plate with fruits and vegetables
- c. keeping a lid on blood sugar
- d. avoiding gluten
- e. getting enough exercise

2. Which is LEAST likely to cause food poisoning?

- a. mayonnaise
- b. chicken
- c. green salad
- d. ground beef
- e. raw sprouts

3. Which is LEAST likely to lower the risk of breast cancer?

- a. staying at a healthy weight
- b. exercising on most days
- c. avoiding soy foods
- d. not taking hormones after menopause
- e. limiting alcohol

4. Which is likely to have the fewest pesticide residues?

- a. tomatoes
- b. onions
- c. bell peppers
- d. spinach
- e. celery

5. Which is LEAST likely to lower your risk of type 2 diabetes?

- a. almond milk
- b. spinach
- c. bran cereal
- d. beans
- e. coffee

6. Which is LEAST likely to reduce arthritis pain in your knees?

- a. taking a 30-minute walk on most days
- b. strengthening your quad muscles
- c. doing aquatic exercise
- d. taking vitamin D
- e. losing excess weight

7. Four of these conditions are linked to sexual dysfunction in men. Which one ISN'T?

- a. obesity
- b. diabetes
- c. muscle loss
- d. high LDL cholesterol
- e. high blood pressure

8. Which is LEAST likely to lower your risk of stroke?

- a. lowering high blood pressure
- b. taking B vitamins
- c. filling half your plate with fruits and vegetables
- d. exercising daily
- e. limiting alcohol to 1 drink a day (women) or 2 drinks (men)

9. A multivitamin is MOST likely to:

- a. boost immunity
- b. repair skin, hair, and nails
- c. protect your heart
- d. lower your risk of cancer
- e. make you more energetic

10. What's the best way to avoid catching a cold?

- a. take Airborne
- b. take vitamin C
- c. take echinacea
- d. don't share food
- e. keep your hands clean

11. People who eat more meat have a higher risk of four of these problems. Which one DON'T they have a higher risk of?

- a. Alzheimer's disease
- b. colorectal cancer
- c. pancreatic cancer
- d. diverticulitis
- e. peripheral artery disease



12. Which is MOST likely to lower the risk of advanced prostate cancer?

- a. pomegranate juice
- b. vitamin E
- c. saw palmetto
- d. selenium
- e. staying at a healthy weight

13. Which is NOT a sign of food poisoning?

- a. fever
- b. headache
- c. blistering rash
- d. tingling or numbness in the hands or near the mouth
- e. muscle pain

14. Which is LEAST likely to lower your blood pressure?

- a. whole-grain cereal
- b. low-fat yogurt
- c. cantaloupe
- d. spinach
- e. lentils

15. Which leads to the fewest greenhouse gas emissions per serving?

- a. beef
- b. pork
- c. chicken
- d. cheese
- e. beans

16. Which is LEAST likely to prevent urinary leakage or urgency?

- a. doing Kegel exercises
- b. taking Azo Bladder Control
- c. exercising daily
- d. keeping a healthy weight
- e. drinking no more than 2 cups of regular coffee a day

17. Which is LEAST likely to lower your risk of cataracts?

- a. not smoking
- b. eating leafy greens
- c. taking a multivitamin
- d. taking high doses of vitamin C
- e. wearing sunglasses year-round



18. Which of these additives may raise the risk of cancer?

- a. disodium inosinate
- b. calcium propionate
- c. sodium nitrite
- d. potassium sorbate
- e. fumaric acid

19. Four of these five supplements failed to prevent memory loss in studies. Which one is still being tested in a major trial?

- a. Prevagen
- b. vitamin E
- c. DHA
- d. ginkgo
- e. vitamin D

20. Which is LEAST likely to keep pre-diabetes from becoming diabetes?

- a. taking a multivitamin
- b. exercising
- c. cutting carbs
- d. losing excess weight
- e. drinking coffee

21. Which is the surest way to get enough vitamin D?

- a. drink a daily glass of milk
- b. take a daily supplement
- c. eat an egg every day
- d. spend 30 minutes a day outdoors
- e. eat a daily yogurt

22. Exercise is LEAST likely to prevent:

- a. breast cancer
- b. cataracts
- c. colon cancer
- d. colds
- e. esophageal cancer

23. Caffeine is MOST likely to lower your risk of:

- a. type 2 diabetes
- b. pancreatic cancer
- c. Parkinson's disease
- d. high blood pressure
- e. irregular heartbeat



24. Saturated fat has been linked to all but one of these problems. Which one?

- a. heart attack
- b. breast cancer
- c. belly fat
- d. type 2 diabetes
- e. arthritis

25. In the best studies, high doses of antioxidant supplements lowered the risk of:

- a. heart disease
- b. advanced macular degeneration
- c. stroke
- d. colon cancer
- e. lung cancer

ANSWERS

1. **d (avoiding gluten).** Books like *Grain Brain* claim that gluten leads to memory loss by causing inflammation. But avoiding high blood pressure and blood sugar—by eating fruits and vegetables, getting enough exercise, and avoiding weight gain—is more likely to lower your risk of dementia.

2. **a (mayonnaise).** Despite its reputation, mayo has been linked to fewer outbreaks of food poisoning than chicken, green salad, ground beef, or raw sprouts.

3. **c (avoiding soy foods).** Soy neither raises nor lowers the risk of breast cancer in Western women. (Research never confirmed a 1996 pilot study suggesting that soy stimulates the breast to produce abnormal cells.) In a large study, taking hormones (estrogen plus progestin) raised risk in women who were 10 years past menopause. But taking hormones for a few years poses a smaller risk for women in their 50s.

4. **b (onions).** Any vegetable or fruit with an outer peel or rind is less likely to have pesticide residues.

5. **a (almond milk).** Beans, leafy greens, whole grains, bran, and nuts are rich in magnesium, which may lower diabetes risk. (Nut milks contain few nuts.) Decaf or regular coffee is also linked to a lower risk.

6. d (taking vitamin D). In several trials, vitamin D did not curb pain in people with arthritis in their knees. Exercising on land or water and strengthening the quad muscles (which are around the knees) are a better bet.

7. c (muscle loss). The others are risk factors for erectile dysfunction.

8. b (taking B vitamins). B vitamins failed to prevent strokes in solid studies. A DASH-style diet (with fruits, vegetables, and low-fat dairy, and low in saturated fat), exercise, and avoiding excess alcohol can lower blood pressure.

9. d (lower your risk of cancer). In the longest study done to date, a multivitamin modestly lowered the risk of cancer in men, but the results need confirmation. (Another study is now testing women and men.) The multi didn't lower the risk of heart disease. The other claims are largely fluff.

10. e (keep your hands clean). The virus needs to go from your hands to your eyes or nose, so washing your hands (or using hand sanitizer) is more effective than not sharing food (or not kissing). Taking high doses of vitamin C (1,000 mg a day) before and while you are sick may shorten a cold by half a day or so, but there's no good evidence that vitamin C, Airborne, or echinacea can prevent colds.

11. a (Alzheimer's disease). The evidence is strongest for processed meats (like bacon, sausage, hot dogs, and ham) and colorectal cancer.

12. e (staying at a healthy weight). Pomegranate juice and saw palmetto don't help, and selenium and vitamin E may raise risk.

13. c (blistering rash). Diarrhea and vomiting are obvious signs of food poisoning, but *Listeria* and *Salmonella* can also cause fever, headache, and muscle pain, and ciguatera toxin can cause numbness or tingling in the hands and around the mouth.

14. a (whole-grain cereal). The best diet to lower blood pressure is rich in fruits and vegetables and includes low-fat dairy, fish, poultry, beans, nuts, and oils. It has only small servings of grains (and very little added sugar).

15. e (beans). Beef (and lamb) generate the most greenhouse gases by far, followed (in order) by pork, farmed salmon, turkey, chicken, yogurt, milk, and cheese. Beans, tofu, and nuts create even less.

16. b (taking Azo Bladder Control). The evidence is strongest for doing Kegels (which tighten muscles that hold in urine) and losing excess weight.

17. d (taking high doses of vitamin C). There's evidence for all but vitamin C, which failed to prevent cataracts in large trials. Vitamin C (together with vitamin E, zinc, copper, and lutein or beta-carotene) did slow the progression of macular degeneration, but only in people who already had intermediate or advanced disease.

18. c (sodium nitrite). That may help explain why people who eat more bacon, sausage, and other cured meats have a higher risk of colorectal cancer. Meats that have "No nitrates or nitrites added" still get nitrate from celery powder or juice. The other additives are safe.

19. e (vitamin D). Results on vitamin D from the VITAL trial are due in 2018.

20. a (taking a multivitamin). Weight loss and exercise are backed by the strongest evidence.

21. b (take a daily supplement). Adults need 600 IU a day of vitamin D (800 IU after age 70).



Most milk is fortified and has 100 IU per serving. Most fortified yogurts have no more than that. An egg has 40 IU (all in the yolk). Sunlight only helps without sunscreen and in summer (unless you live in southern latitudes).

22. d (colds). People who exercise also have a lower risk of cancers of the bladder, kidney, liver, lung, stomach, and uterus.

23. c (Parkinson's disease). People who drink regular or decaf coffee have a lower risk of type 2 diabetes, but only regular coffee is linked to Parkinson's.

24. e (arthritis). The evidence is strongest for heart attack, but some studies find a higher risk for the most common types of breast cancer (ER+ PR+ and HER2-), type 2 diabetes, and increased belly fat.

25. b (advanced macular degeneration). Antioxidants didn't slow the progression of early macular degeneration or prevent heart disease, stroke, or colon cancer. In some studies, beta-carotene raised the risk of lung cancer in smokers. 🍷



How'd you do?

We told you it was tough.

21-25 Really???
Send us your resumé.

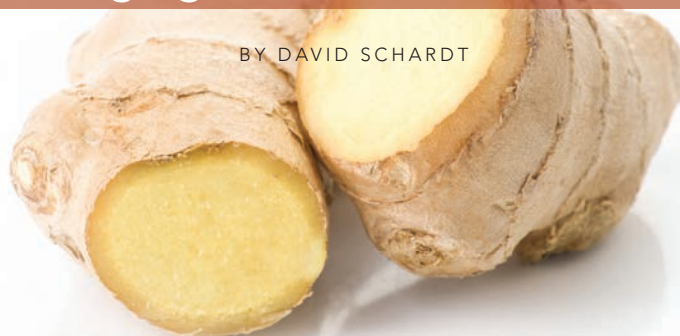
14-20 You're a star. You've been reading. We can tell.

6-13 It's a start. Look at it this way: the lower you scored, the more you learned.

0-5 Umm... If you think our covers are attractive, you should see what's inside!

Spice of Life

Take 2 cups of ginger tea and call me in the morning



BY DAVID SCHARDT

Could natural ingredients that have been used for thousands of years to spice up our foods also protect us from modern scourges like Alzheimer's, diabetes, and the nausea caused by chemotherapy?

If it turns out they can, and if you're hoping you can get what you need by taking a supplement, finding a good one won't be easy.

GINGER

"There's strong evidence that ginger can help with nausea and vomiting from motion sickness, morning sickness, and cancer chemotherapy," says Suzanna Zick, a research associate professor in the Department of Family Medicine at the University of Michigan.

■ **Motion sickness.** Researchers sat 13 (brave) volunteers with a history of motion sickness in a large drum one at a time and spun the drum for up to 15 minutes. If the volunteers took 1,000 milligrams of ginger an hour beforehand, they had less nausea and recovered more quickly from their motion sickness than if they took a placebo.¹

■ **Morning sickness.** Among 99 pregnant women who were experiencing morning sickness, those who took 125 mg of ginger four times a day for four days reported less severe nausea than those who took a placebo, though the authors noted that the effect seemed to wane after the second day.²

■ **Chemotherapy.** In a study of 576 cancer patients—most had breast cancer—those who took 500 mg of ginger every day for six days, starting three days prior to chemo, had less severe nausea during the first 24 hours of treatment than those who took a placebo.³

"As a result of studies like this," says Zick, "the Society for Integrative Oncology will recommend this year that cancer physicians consider using ginger to help control nausea and vomiting during chemotherapy for breast cancer."

If you want to try ginger, Zick suggests taking 250 mg (about 1/8 tsp.) of ginger powder twice a day. (You can scoop it right out of your spice container.) More might cause gas, heartburn, or even make nausea worse. Take it with a meal if it gives you GI discomfort.

Finding a good-quality ginger supplement can be hit or miss. One in three products that consumerlab.com tested for its subscribers in 2016 contained lower levels of ginger's active ingredients than the label promised.

What about ginger ale? "You'd have to drink a lot of it," says Zick. Canada Dry has no more than 24 mg of ginger per 16.9 oz., according to consumerlab.com.

A good alternative: ginger tea. Grate or thinly slice a piece of ginger the size of your thumb (from knuckle to tip), and steep it in boiling water for 10 to 15 minutes.



Want to try ginger? Make your own ginger tea.

¹ *Am. J. Physiol. Gastrointest. Liver Physiol.* 284: G481, 2003.

² *Aust. N. Z. J. Obstet. Gynaecol.* 43: 139, 2003.

³ *Support Care Cancer* 20: 1479, 2012.

CURCUMIN



We absorb very little of the curcumin we eat.

Curcumin is the compound in turmeric that makes curry powder and mustard yellow. Can it also boost your brain and memory, relieve your aches and

pains, or protect your cells against deterioration, as some supplement companies claim?

“The big problem with curcumin is that what little we normally absorb is rapidly cleared, so very little reaches our tissues to do much,” explains Gregory Cole, professor of neurology and medicine at UCLA.

That may explain in part why so few trials in humans have been successful. For example, even though high doses of curcumin reduced Alzheimer’s plaque in mice, Cole found no evidence that it did the same when he examined the cerebrospinal fluid of 36 Alzheimer’s patients.¹

“Maybe that was because we failed to reach blood levels of curcumin that were comparable to the levels we could produce in the mice,” Cole explains.

He—like others—has patented a curcumin formulation that is designed to be better absorbed. And some brands add a black pepper extract that keeps the body from clearing the curcumin too quickly. (The extract “can also interfere with the metabolism of many drugs,” notes Cole.)

But it’s not just whether curcumin is absorbed or retained by the body that matters. In tests this year, consumerlab.com found that some supplements had just one-tenth as much of curcumin’s active ingredients (curcuminoids) in each dose as others. And no one would know that from the labels.

Assuming you can find a supplement that has enough curcumin that your body can absorb or hold on to, what can it do? It’s far too early to tell.

For example, in one study of Cole’s formulation, 30 healthy, cognitively normal adults aged 60 to 85 who took 400 mg a day for a month scored better on only 1 of 10 cognitive tests than 30 similar people who got a placebo. (They were slightly better able to subtract by 3s.)²

However, in another study of the formulation, taking 2,000 mg a day improved blood flow through arteries, which might lower the risk of stroke and heart failure.³

¹ *Alzheimers Res. Ther.* 4: 43, 2012.

² *J. Psychopharmacol.* 29: 642, 2015.

³ *Aging.* 9: 187, 2017.

CINNAMON

“Cinnamon has...been indicated as a potential insulin substitute for those with Type 2 diabetes,” says uncommonwisdomdaily.com.

That kind of wisdom you could do without.

In 2012, the Cochrane Collaboration—a respected international network of scientists—pooled the results from the six best studies looking at whether cinnamon supplements could lower fasting blood sugar levels in people with type 2 diabetes. The pills were no better than a placebo.¹

Ditto for the six best studies that pitted cinnamon against a placebo in lowering hemoglobin A1c in people with type 2 diabetes.¹ (A1c is a long-term measure of blood sugar levels. It’s the gold standard.)

Last year, scientists at the Office of Dietary Supplements of the National Institutes of Health reviewed nine cinnamon trials conducted through 2015.

Cinnamon lowered A1c more than a placebo, but the studies—typically done in Pakistan, Iran, and India—were small and poor quality. (For example, most didn’t document that the participants took the cinnamon.) What’s more, the drop in A1c was small.²

“This suggests that cinnamon does not cause a

reliable and clinically significant drop in A1c in patients with type 2 diabetes,” says co-author Rebecca Costello.

Want to try cinnamon anyway?

Good luck buying a high-

quality supplement. In 2015, consumerlab.com found that the amount of cinnamon’s presumed active ingredient varied by more than a hundredfold among the products it looked at. And there was no way to tell from the labels how much of the active ingredient each contained. 🍌



Enjoy your cinnamon. Just don’t assume that supplements will lower your blood sugar.

¹ *Cochrane Database Syst. Rev.* 12: CD007170, 2012.

² *J. Acad. Nutr. Diet.* 116: 1794, 2016.

Short on Sleep?

BY BONNIE LIEBMAN

We don't sleep enough. More than a third of adults report sleeping less than 7 hours a night. A third unintentionally fell asleep during the day at least once in the last month. Nearly 5 percent report having nodded off while driving.

Too little sleep not only impairs your thinking and makes you crabby. It may also raise the risk of weight gain, type 2 diabetes, and heart disease. And it may make chronic pain less bearable. Here's the scoop on sleep.

Apparently, we're not sleeping as much as we used to.

Men or women, young or old, "if you compare results from 1985 to 2004, you can see that the prevalence of insufficient sleep increased," explained Sanjay Patel at a recent National Academy of Medicine [webinar](#) on "The Potential Role of Sleep in Obesity Prevention and Management."

The data, from a nationwide study of roughly 325,000 adults, suggest that "we're getting less sleep than we were 20 or 30 years ago," said Patel, director of the Center for Sleep and Cardiovascular Outcomes Research at the University of Pittsburgh.¹

It's not hard to imagine why we don't get enough sleep.

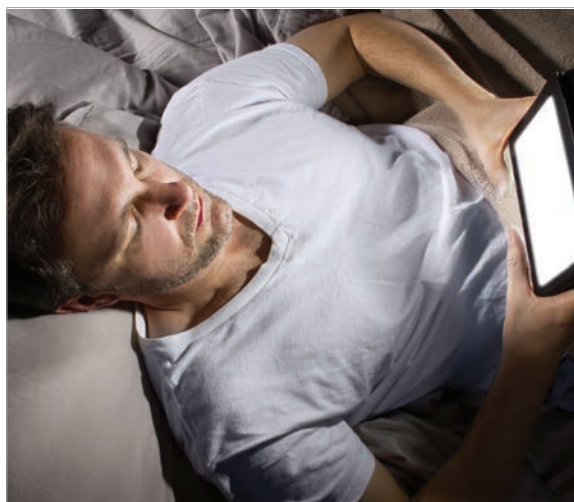
"It's due to light, our gadgets, noise in the neighborhood, stress, people working two jobs," says Erin Hanlon, assistant professor in the department of medicine at the University of Chicago. "The list of reasons goes on and on."

And the consequences go beyond falling asleep at the wheel. Researchers are finding that too little sleep may cause more subtle damage.

■ **Weight Gain.** "Studies have consistently associated insufficient sleep with an increased risk of obesity," notes Hanlon.

For example, researchers tracked more than 68,000 women in the Nurses' Health Study from 1986 to 2002.²

"We found that women who reported less sleep—5 or 6 hours—gained more



Can't sleep? Try turning off your gadgets.

weight than those who reported getting 7 or 8 hours of sleep," said Patel.

And women who slept no more than 5 hours a night were 28 percent more likely to gain at least 30 pounds over 16 years than those who slept 7 hours a night.

Women who slept 6 hours a night were 12 percent more likely to gain that much. Why?

"One explanation is that they're eating more," Michael Grandner, director of the

Sleep and Health Research Program at the University of Arizona College of Medicine, told the [webinar](#) viewers.

In the largest study done so far, "about 200 people were sleep deprived in a laboratory for 5 nights, to simulate a sleep-restricted workweek," said Grandner.³ They were allowed only 4 hours in bed each night, "and they had unlimited access to food in the lab kitchen."

The control group, which was allowed to sleep for up to 10 hours a night, gained virtually no weight, but "the sleep restricted subjects gained about 2 pounds."

And it wasn't because they ate more than the control group at breakfast or lunch. They ate more only at night, when the control group was asleep.

"It's been shown over and over again that when you keep people up for extended periods of time, they start eating between 300 to 550 calories [extra] per day," noted Grandner. "What seems to be clear across studies is that people start craving energy-dense food."

There's a slight bump in calorie burning when you're up at night, he added, "but the amount of calories you start craving is much greater than energy needs."

What's driving that increased appetite? Hanlon's team is trying to find out.

She randomly assigned 14 people to spend either 4½ or 8½ hours in bed for four nights each.⁴ On the fifth day, they weren't allowed to eat until 3 p.m.

No matter how long they had slept, "they ate about 2,000 calories—90 percent of their calorie needs—at that meal," says Hanlon.

But that didn't stop them from eating

more when they were given snacks in their rooms right after that meal.

“When they had normal sleep, they ate another 600 calories of snacks, but when they were experiencing short sleep, they ate another 1,000 calories,” says Hanlon.

Why? Levels of ghrelin (which boosts appetite) were higher, while their leptin (which curbs appetite) was blunted after short sleep.

What’s more, endocannabinoid peaks were higher when people got less sleep. “The endocannabinoid system helps regulate appetite,” explains Hanlon.

If the name sounds familiar, it’s because the cannabinoids in marijuana and the endocannabinoids our bodies make bind to the same receptors in the brain, fat cells, muscles, and elsewhere.

“We know that marijuana causes people to eat when they’re not hungry,” says Hanlon. “It engages the same feeding pathways that our endocannabinoids do.”

That could explain the 400 extra calories’ worth of snacks.

“Despite saying that they felt full, the short-sleepers had a stronger desire to eat, and they ate more,” says Hanlon.

Other studies find an increase in impulsive behavior after short sleep. “So your reward system is saying, ‘Eat that Snickers’ more than usual, and you’re less able to inhibit your response to it,” says Hanlon.

And it’s more likely to be Snickers than broccoli. In some studies, notes Hanlon, “people have an increased appetite for high-carb and high-fat foods.”

■ **Diabetes.** In one study, people who slept less than 6 hours a night were about 30 percent more likely to be diagnosed with type 2 diabetes than those

who slept 7 hours a night.⁵ And that was over and above the increased risk due to excess pounds.

One explanation, says Hanlon, is that “at the same time you’re eating more, you have a decrease in insulin sensitivity.”⁶

In other words, the insulin that your body dispatches to lower your blood sugar after meals becomes less effective. In one study, that happened to people who were allowed to sleep for just 1½ hours less than usual for three weeks.⁶

“You’re eating these high-carb foods, and your body is not processing them properly,” says Hanlon.

■ **Heart disease.** People who get less sleep (less than 6 hours a night in most studies) have a 50 percent higher risk of heart disease than those who get 7 or 8 hours a night.⁷ Their coronary arteries are also more calcified.⁸

Researchers aren’t sure why. Among the possibilities: inflammation and the body’s impaired ability

to use insulin.

“In the laboratory and in population studies, sleep restriction is associated with elevated inflammation,” said Grandner.⁹ And inflammation may boost the risk of heart disease.

■ **Cognitive effects.** “Short-term sleep deprivation is associated with reduced vigilance, which means decreased ability to pay attention and focus,” explained Grandner.

It can also impair your ability to make decisions. “Irrespective of how quick you are—what your reaction time is and your ability to focus is—your ability to make decisions and perform complex executive tasks is diminished,” he said.

■ **Colds.** When researchers used nasal drops to expose roughly 150 people to a cold virus, those who reported getting

less than 7 hours of sleep a night were three times more likely to get a cold than those who reported getting at least 8 hours of sleep.¹⁰

■ **Pain.** People allowed to sleep for 1.8 hours longer than usual were less sensitive to pain—that is, they took longer to pull their finger away from heat.¹¹ 🍷

¹ *Sleep* 38: 829, 2015.

² *Am. J. Epidemiol.* 164: 947, 2006.

³ *Sleep* 36: 981, 2013.

⁴ *Sleep* 39: 653, 2016.

⁵ *PLoS One* 8: e82305, 2013.

⁶ *Metabolism* 62: 204, 2013.

⁷ *Eur. Heart J.* 32: 1484, 2011.

⁸ *JAMA* 300: 2859, 2008.

⁹ *Nat. Sci. Sleep* 5: 93, 2013.

¹⁰ *Arch. Intern. Med.* 169: 62, 2009.

¹¹ *Sleep* 35: 1667, 2012.



Too little sleep may boost your odds of catching a cold.

To Sleep...

Having trouble sleeping? These tips may help:

- **Avoid caffeine.** It can take 8 hours to fully wear off.
- **Avoid alcohol before bed.** It cuts the time you spend dreaming and in deep sleep, and may make you wake up in the middle of the night.
- **Avoid big meals late at night.** They may cause indigestion.
- **Exercise daily,** but not within 2 to 3 hours before bedtime.
- **Stay on schedule.** Aim for a regular bedtime. Don’t nap after 3 p.m.
- **Try a hot bath before bed.** Afterwards, your body temperature drops. That may trigger sleep.
- **Turn off bright lights...**and the phone, tablet, computer, TV.
- **Keep the bedroom cool.**
- **Check your meds.** Some medicines for coughs, colds, or allergies can keep you up.
- **Try CBT.** Cognitive-behavioral therapy—which can curb negative thoughts and anxiety—may help with chronic insomnia.
- **See a doctor** if nothing helps.

Omega-3s—The Latest



Can the omega-3 fats in fish oil live up to expectations? Results are still coming in. Some of the latest:

■ **Memory.** Researchers studied 1,525 people in France and Monaco aged 70 or older who had complained to a physician about memory problems, a slow walking speed, or difficulty with showering, dressing, or another “activity of daily living.” None had dementia.

Each participant got a daily placebo pill, a daily omega-3 supplement

(800 mg of DHA plus 225 mg of EPA), a “multidomain” intervention (diet, exercise, and cognitive training), or the omega-3s plus the intervention.

After three years, the groups scored no differently on cognitive tests.

■ **Inflammation.** U.S. scientists gave 21 overweight or obese people either a high daily dose of omega-3s (3,900 mg of EPA plus DHA) or a placebo. (The participants were also insulin resistant—that is, their insulin didn’t work efficiently.) After six months, the omega-3s had no impact on inflammation—or how well insulin worked—in the participants’ fat cells.

■ **Cardiovascular disease.** In an update of its 2002 advice, the American Heart Association said that it was reasonable to take fish oil if you’ve had a recent heart attack (even though supplements lowered risk in some studies but not others) or if you have heart failure with a reduced ejection fraction. However, the AHA did not recommend fish oil if you have a high (or average) risk of heart disease or stroke or if you have diabetes, prediabetes, or atrial fibrillation.

What to do: Talk to your doctor about taking fish oil if you’ve had a recent heart attack or have heart failure with a reduced ejection fraction.

[Lancet Neurol. 16: 377, 2017.](#) [Am. J. Clin. Nutr. 2017. doi:10.3945/ajcn.116.148114.](#) [Circulation 135: e867, 2017.](#)

The Peril of Free Refills

Would a limit on the size of sugary-drink containers lead people to consume less? It depends on what their options are.

U.S. researchers gave 362 people cash to buy a lemonade or sweetened iced tea (plus a free bag of potato chips to make them thirsty) before they were asked to answer unrelated written questions for 90 minutes.

Participants were less likely to buy a large (24 oz.) drink if the order form showed that it would be served in two 12 oz. cups than if it were served in one 24 oz. cup.

In a second experiment, 285 people were given either a 10 oz. drink with no refills or an 8 oz. drink with unlimited refills.

Those who were told that they could get a refill merely by raising their hand consumed 83 percent more calories than those who got the no-refill 10 oz. drink. However, those who had to stand up and walk a few feet to get their own refill consumed only 30 percent more calories than those who got no refills.

What to do: Beware of big cups and free refills.

[Psychol. Sci. 2017. doi:10.1177/0956797617692041.](#)

Vitamin D & the Heart

Can vitamin D lower the risk of heart disease, as some studies suggest?

Researchers in New Zealand gave roughly 5,100 people aged 50 to 84 either a placebo or vitamin D (an initial dose of 200,000 IU followed by monthly doses of 100,000 IU).

After three years, the vitamin D takers had no lower risk of a heart attack, stroke, or other cardiovascular event. And it didn’t matter if people entered the study with low vitamin D blood levels (below 20 ng/mL) or not.

What to do: Don’t expect vitamin D to protect your heart.

[JAMA Cardiol. 2017. doi:10.1001/jamacardio.2017.0175.](#)

Carbs vs. Glycemic Index

If you’re trying to avoid diabetes, is it better to eat fewer carbs or to stick to carbs with a low glycemic index?

(Carbs with a high glycemic index, like white bread and sugary drinks, lead to a bigger spike in blood sugar than carbs with a low glycemic index, like beans and pasta.)

U.S. researchers randomly assigned 163 overweight or obese adults who didn’t have diabetes to four different diets, each for five weeks.

Cutting carbs reduced glycated albumin and fructosamine—two indicators of blood sugar levels over a two-to-three-week period. Eating foods with a lower glycemic index had no effect on those indicators.

What to do: To lower your risk of diabetes, lose excess weight and exercise. And you’re better off eating fewer carbs than eating carbs with a low glycemic index. 🍎

[BMJ Open Diabetes Res. Care 2016. doi:10.1136/bmjdr-2016-000276.](#)



Cut carbs, not glycemic index, to lower blood sugar.

Looking for Mr. T.

The pros—and con—of testosterone

BY DAVID SCHARDT

Remember a few years ago when “low T” ads were everywhere, urging men to “get back in the game” with testosterone?

But testosterone patches and gels were never approved by the FDA for treating normal age-related changes in men. Now the bill is coming due.

This month, a federal judge in Chicago will begin dealing with the first of some 7,000 lawsuits against drug companies that promoted testosterone patches and gels in TV commercials and newspaper and magazine ads.

The plaintiffs—or their survivors—allege that the companies didn’t adequately warn them that testosterone could increase their risk of a heart attack or stroke.

Who Needs It?

The FDA originally approved testosterone as a drug to treat men with severe hormone deficiencies. They were suffering from genetic disorders, or their testes never descended properly or had been damaged by cancer therapy or radiation.

For that relatively small group, most experts agree, the benefits of taking testosterone outweigh the increased heart attack or stroke risk. (In 2015, the FDA required manufacturers to add a warning to testosterone labels about a possible increased risk.)

But doctors are free to prescribe testosterone for other reasons, and drug companies are free to advertise directly to consumers.

That’s a potent combo.

Beginning in the early 2000s, TV viewers started seeing commercials about a new condition: Feeling tired? A little down in the dumps? Sex drive not what it used to be?

Maybe you have “low T.”

“The industry’s campaign was startlingly effective,” wrote Richard Kravitz, a professor of internal medicine at the University of California, Davis, in an editorial in the *Journal of the American Medical Association* this March.¹

“Between 2000 and 2011, testosterone use increased at least 3-fold in the United States.”

Many of those men probably never had low testosterone levels (not all doctors check). But for the ones who did, what, if anything, could testosterone do?

The “T Trials”

In 2009, the National Institute on Aging launched a one-year, seven-part study known as the “T Trials.”

Researchers at 12 centers around the country gave testosterone or a placebo to 788 men aged 65 and older who had low



“Be the man with the plan,” said the 2014 commercial for Axiron testosterone.

testosterone levels (below 275 nanograms per deciliter of blood) and who complained about fatigue, memory, a flagging libido, or difficulty walking.

Here’s what the trials found:

■ **Sex.** Men who got testosterone reported increased sexual activity, even if they hadn’t initially complained of diminished sex drive. And erectile function improved (though not as much as with Viagra or Cialis) in testosterone takers who started out with decreased libido.²

■ **Walking.** Overall, testosterone helped the men walk about 20 more feet during a six-minute test. But those who reported having trouble walking or climbing stairs before the study began didn’t improve.²

■ **Energy & Mood.** Men who took testosterone were more likely to report having more energy and a (slightly) better mood.²

■ **Memory.** Testosterone didn’t help memory, executive function (the ability to plan and organize), or spatial ability in men who complained about their memory or who didn’t do well on cognitive tests when they entered the study.³

■ **Anemia.** Among the men who were anemic at the start of the trial, testosterone increased levels of hemoglobin (a protein in red blood cells). In more than half the cases, the men were no longer anemic.⁴

■ **Bones.** Testosterone increased bone density and strength, especially in the spine. But the trial was too short to see if testosterone takers were less likely to fracture a bone.⁵

■ **Arteries.** Men who took testosterone developed more plaque in their coronary arteries than men who got the placebo.⁶ But the study didn’t last long enough to see if that increased the risk of a heart attack or stroke.

The Bottom Line

“Men with both low blood testosterone concentrations and symptoms or signs of testosterone deficiency will generally benefit from replacement therapy designed to restore testosterone to a normal range,” says Bradley Anawalt, a professor of medicine and hormone specialist at the University of Washington.

“But men not in this group will generally get minimal or no benefit.” 🍌

¹ *JAMA* 317: 1124, 2017.

² *N. Engl. J. Med.* 374: 611, 2016.

³ *JAMA* 317: 717, 2017.

⁴ *JAMA Intern. Med.* 177: 480, 2017.

⁵ *JAMA Intern. Med.* 177: 471, 2017.

⁶ *JAMA* 317: 708, 2017.

Learning Chinese



BY KATE SHERWOOD

Craving the taste of a good Chinese meal but don't want all the calories and sodium? Just pair up these two dishes for a great dinner. 🍴

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

Kung Pao Chicken (or Tofu)

- 1 Tbs. + 2 Tbs. reduced-sodium soy sauce
- 1 Tbs. + 2 Tbs. dry sherry
- 1 clove garlic, minced
- 1 tsp. + 1 tsp. cornstarch
- 1 lb. boneless, skinless chicken breast (or firm tofu), cut into bite-sized pieces
- 1 tsp. dark brown sugar
- ¼ tsp. red pepper flakes
- 2 Tbs. peanut oil
- 2 stalks celery, chopped
- ½ cup salted, roasted peanuts
- 1 scallion, minced

1. In a bowl, mix 1 Tbs. of soy sauce, 1 Tbs. of sherry, the garlic, and 1 tsp. of cornstarch. Toss with the chicken (or tofu).
2. In a bowl, mix 2 Tbs. of soy sauce, 2 Tbs. of sherry, the sugar, the pepper flakes, and 1 tsp. of cornstarch with 2 Tbs. of water.
3. In a large non-stick pan, heat the oil over high heat until sizzling hot. Stir-fry the chicken until almost cooked, 1-2 minutes (4-5 minutes if using tofu).
4. Push the chicken (or tofu) to the side. Pour in the soy sauce mixture and bring to a boil.
5. Add the celery and peanuts. Stir to coat everything with the sauce and heat through. Remove from the heat.
6. Sprinkle with the scallion.

Serves 4



Per serving (¾ cup): calories 320 | total fat 18 g | sat fat 3.5 g | carbs 8 g | fiber 2 g | protein 30 g | sodium 560 mg

Moo Shu Vegetables

- 1 Tbs. peanut oil
- 2 cups sliced shiitake mushroom caps
- 1 tsp. reduced-sodium soy sauce
- 6 cups shredded cabbage
- 1 cup matchstick-cut or grated carrot
- 4 scallions, cut on a long diagonal

1. In a large non-stick pan, heat the oil over high heat until sizzling hot. Stir-fry the mushrooms until lightly browned, 1-2 minutes. Stir in the soy sauce.
2. Add the cabbage, carrots, and scallions. Stir-fry until just hot, 1-2 minutes.

Serves 4

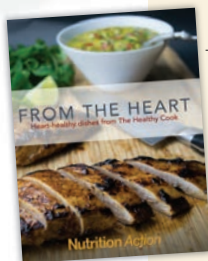


Per serving (1½ cups): calories 80 | total fat 3.5 g | sat fat 0.5 g | carbs 12 g | fiber 4 g | protein 3 g | sodium 95 mg

FROM THE HEART

Looking for heart-healthy recipes that are quick and delicious? Kate delivers, with this collection of dishes that help you follow the top-rated DASH diet.

Visit NutritionAction.com/FromTheHeart or send a check for \$12 with your name & address to CSPI—From the Heart, Suite 300, 1220 L St. NW, Washington DC 20005.





Raising the Bar

The best frozen bars, cones, sandwiches, and more

BY LINDSAY MOYER & BONNIE LIEBMAN

Frozen bars, cones, cups, pops, and sandwiches have an edge over ice cream tubs: It's easy to stop after just one. And companies are tripping over each other to snag health-conscious eaters by cutting calories and sugar and adding yogurt, fruit, veggies, even tea.

Just don't get carried away with promises like "the good-for-you ice cream" or "dessert with benefits." After all...most still deliver a dose of added sugar.

The information for this article was compiled by Leah Ettman.

What to Look For

Most frozen novelties are sweetened with added sugars or unsafe artificial sweeteners, and they're not exactly nutrient rich. That's why we awarded no Best Bites. But we did pick *Better Bites*. Our criteria:

■ **Added sugars.** We couldn't set a limit on added sugars because labels don't yet say how much sugar is added and how much comes from milk or fruit. But our cap on calories (120) effectively puts a lid on added sugars. And we disqualified treats—like *Simply Popsicle*—if their main ingredients were water and sugar and they had no milk or fruit juice.

■ **Low-calorie sweeteners.** We allowed (safe) stevia leaf extract and monk fruit extract (a natural sweetener that hasn't been well tested in animals, though monk fruit has been eaten in China for centuries). Sorbitol, maltitol, and other sugar alcohols are also safe, though they can cause diarrhea or (with erythritol) nausea if you eat too much.

We disqualified treats that contained the unsafe sweeteners acesulfame potassium, aspartame, or sucralose.

■ **Saturated fat.** Our limit (2 grams) let in most fruit, yogurt, and lower-fat or "mini" ice cream bars, but not most regular ice cream or chocolate-coated ones.

Go Yo

Nearly all the frozen yogurt bars we found are *Better Bites*. Only a few that are dipped in chocolate coating missed the cut.

Don't worry about whether the yogurt is greek or not. The protein and calcium are about the same, probably because most greks contain more milk than greek yogurt.

The good news: most yogurt bars deliver 4 or 5 grams of protein and 10 to 15 percent of a day's calcium for just 80 to 100 calories. That's great for a frozen dessert (though 100 calories or so of refrigerated greek yogurt has *twice* that much protein).

Our taste favorites:

■ **Yasso Frozen Greek Yogurt Bars.** Yasso offers 15 flavors, including Chocolate Fudge, Mint Chocolate Chip, Black Raspberry Chip, Vanilla Bean, and Strawberry. You name it, we liked it.

■ **Nestlé Outshine Simply Yogurt Bars.** "Made with simple ingredients—100% yogurt and



One of Yasso's yummy 14 Better Bites.

real fruit or fruit juice," says the box. (Like all frozen yogurt bars, they also contain some added sugar.) Choose from 5 luscious *Better Bites*: Blueberry, Mango, Peach, Strawberry, or Strawberry Banana.



Simply creamy and delicious.

Veg Out?

"½ cup fruits & veggies per serving," say the **Whole Foods 365 Fruit & Veggie Bars** packages. True, but for most flavors, it's half a cup of mostly *fruit*. Not that there's anything wrong with fruit. Just don't kid yourself; a salad they're not.

The *Tropical Greens* bar, for example, has more banana purée, pear juice concentrate, kiwi purée, kiwi juice concentrate, and cane sugar than kale juice concentrate, spinach purée, or kale purée.



Mmm...and more veggies than most.

Only the *Carrot Tangerine* lists a veggie (carrot purée) as the first ingredient after water.

Nestlé Outshine Fruit & Veggie Bars are also heavier on the fruit. The *Tangerine Medley*, for example, has more apple purée than carrot juice. Likewise, **Ruby Rockets Fruit & Veggie Pops** Gravity Grape has more grape juice concentrate than any veggie. (Ruby's Meteorite Mango does have more butternut squash than any fruit juice concentrate, though.)

Bottom line: For a lowish-calorie treat, almost any fruit or fruit-and-veggie bar will do.

We All Scream...

Edy's, Ben & Jerry's, and Häagen-Dazs cups may look petite, but most of them pack 150 to 250 calories. There's no need to go there.

■ Enlightened The Good-for-You Ice Cream Bars.

They're not quite *good* for you, but they sure are *better*.

Each bar is lower in calories (70 to 100) and total sugar (roughly 1 to 1½ teaspoons) than most bars in the same size range. And they're higher in protein (7 to 8 grams) and calcium (15 to 20 percent of a day's worth).

That's because Enlightened adds skim milk and milk protein isolate, which boosts the protein and calcium, and replaces some or all of its sugar with erythritol and monk fruit extract.

If that doesn't sound appetizing, trust us. From Mint Chip Swirl and Sea Salt Caramel (our faves) to Chocolate Peanut Butter, Frozen Hot Cocoa, Fudge, Peanut Butter Chocolate Chip, and Toasted Almond, delectable Better Bites abound.

■ **Fudge bars.** Most brands are Better Bites because they're largely skim milk, sugar, and (sometimes) a little cream, all for about 70 to 100 calories in a full-size bar.

■ **Latte bars.** Trader Joe's Cold Brew Latte bars (40 calories and 1½ teaspoons of total sugar) are downright delish.



More protein. Less sugar. All for 80 scrumptious calories.



Fruit and dark chocolate. Just 60 calories per pouch.

In For a Dip

Premium chocolate-dipped bars—Häagen-Dazs, Magnum, Whole Foods 365 Organic—can hit 250 to 300 calories and half a day's sat fat (10 grams) or more.

It's not just the ice cream, but the coating—which is often made with palm kernel or coconut oil—that bumps up the sat fat. Even some Yasso and Skinny Cow dipped bars hit 5 to 7 grams of sat fat (and 150 to 200 calories).

Instead, try:

■ **Dole Dippers.** The Dark Chocolate Covered Real Strawberry Halves are exactly what they say. Ditto for the Pineapple, Banana, and Banana with Almonds. For 60 to 120 calories, you get real fruit and real chocolate (though about 1 gram too much sat fat for a Better Bite).

■ **Weight Watchers.** Most of its dipped bars, like the Dark Chocolate Raspberry and Snack Size Salted Caramel, are Better Bites because they're small and only half coated.

Sandwich Slims

Why bother with the 440 calories in a Trader Joe's Sublime Ice Cream Sandwich when you can have a lip-smacking 120-calorie Yasso Frozen Greek Yogurt Sandwich?

Yasso puts mint or vanilla greek frozen yogurt between two fabulous dark chocolate wafer cookies. The company cuts some of the added sugar with erythritol, stevia, and monk fruit extract, so each sandwich ends up with only about 1½ teaspoons of total sugar.

Other sandwiches—like Trader Joe's Mini Mint Mouthfuls—get a Better Bite simply by shrinking their size. That also helps non-dairy So Delicious Dairy Free almond or soy milk sandwiches, Trader Joe's Soy Creamy Mini Vanilla Sandwiches, and Almond Dream Vanilla Lil' Dreamers. The non-dairies didn't wow our tasters, though.

Looking for a mini ice cream cone? Weight Watchers Snack Size clocks in at just 90 calories each. Trader Joe's rich chocolate-dipped Hold the Cone! minis drop to 70 calories, but they're about half the size. Three bites, max.



Dark chocolate cookies? Yesss!

Fruit to Go?

Don't expect any whole fruit in Whole Fruit Organic Frozen Juices. The tubes contain roughly 90 percent frozen juice (from concentrate) and 10 percent sugar.

You can do better with these Better Bites:

■ **Froozer.** The only frozen fruit we found that's just fruit (plus gums for texture) comes in flavors like Tropical Sunset (mango, grapes, pineapples, bananas) and Blue Aloha (pineapples, grapes, bananas, blueberries, carrots). They're not nationwide (check froozer.com/where-to-buy).

■ **Chloe's Pops.** "Just fruit, water and a touch of cane sugar," says Chloe. And the fruit is mostly purée, not juice. The Mango tastes like a fresh, ripe chunk of the fruit.

■ **Nestlé Outshine Fruit Bars.** Like most fruit bars, they have added sugar, but at least fruit (or juice) is typically the first ingredient. You can cut the calories (from roughly 70 to 40) and sugar with the smaller bars in the variety packs.

■ **Nestlé Outshine Fruit & Tea Bars.** Refreshing flavors like Peach Black Tea, Blueberry Chamomile, and Lemon Black Tea (our staff favorite) blend iced tea, fruit juice or purée, and sugar. 🍓



Like a fresh, ice-cold mango.

The Bar Chart

Better Bites (✓) have no more than 120 calories and 2 grams of saturated fat, and are free of aspartame, acesulfame potassium, and sucralose.

While they can contain added sugar, the calorie limit effectively caps the amount. We disqualified products if their main ingredients were water and sugar. Products are ranked from least to most calories, saturated fat, and total sugar, then most to least protein.

Frozen Yogurt Bars

	Calories	Sat Fat (g)	Total Sugar (tsp.)	Protein (g)
✓ 365 Organic (Whole Foods) Greek (2.1 oz.) ¹	90	0.5	3	4
✓ Nestlé Outshine Simply (2.2 oz.) ¹	90	1	2.5	5
✓ Julie's Organic Strawberry (2.2 oz.)	90	1	3	2
✓ Yasso Greek—except Peanut Butter Cup (2.3 oz.) ¹	100	1	3	5
✓ Skinny Cow Greek (2.1 oz.) ¹	110	1.5	3	5
Yasso Greek Peanut Butter Cup (2.1 oz.)	130	3.5	3	5

Ice Cream & Non-Dairy Bars

✓ Trader Joe's Cold Brew Latte (1.8 fl. oz.)	40	1	1.5	0
✓ Weight Watchers Snack Size Mocha Latté (1.2 oz.)	45	0	1.5	2
✓ Weight Watchers—Dark Chocolate Mint or Raspberry (1.1 oz.) ^{1,D}	60	2	1.5	1
✓ Enlightened—except Cold Brew Coffee Chip (2.5 oz.) ¹	80	1.5	1	7
✓ Weight Watchers Snack Size—except Mocha Latté (1.5 oz.) ¹	80	2	2.5	3
Enlightened Cold Brew Coffee Chip (2.5 oz.)	90	2.5	1	7
Skinny Cow Oh La La Chocolate Truffle (2.2 oz.)	120	2.5	3	3
Magnum Mini Classic (1.5 oz.)	150	6	3	1
Breyers Carb Smart (2 oz.) ^{1,S}	160	8	1.5	3
So Delicious Dairy Free dipped (2.4 oz.) ¹	180	9	3	2
Skinny Cow Va Va Vanilla Almond Crunch (2.3 oz.)	200	5	3.5	4
365 Organic (Whole Foods) Salted Caramel (2.7 oz.)	240	11	4.5	3
Magnum Almond (2.8 oz.)	270	10	5.5	3
Häagen-Dazs Vanilla Milk Choc. Almond (2.9 oz.)	290	13	4.5	5

Fudge Bars

Fudgsicle No Sugar Added (1.4 oz.) ^S	40	0	0.5	1
✓ Weight Watchers Snack Size Choc. Fudge (1.2 oz.)	45	0	1.5	2
✓ Fudgsicle 60 Calories (1.5 oz.)	60	1	2	1
✓ Weight Watchers Giant Chocolate Fudge (2.4 oz.)	90	0.5	3	3
✓ Fudgsicle 100 Calories (2.3 oz.)	100	1	3.5	2
✓ Skinny Cow Full On Fudge (2.4 oz.)	110	1	4.5	4

Ice Cream, Yogurt, & Non-Dairy Sandwiches

✓ Trader Joe's Mini Mint Mouthfuls (0.7 oz.)	60	1.5	1	1
✓ Trader Joe's Soy Creamy Mini Vanilla (1.4 oz.)	90	0.5	2	2
✓ So Delicious Dairy Free Vanilla Minis—soy or almond (1.4 oz.) ¹	90	1.5	2	2
So Delicious Dairy Free Coconut Milk (1.3 oz.) ¹	90	3	1.5	1
✓ Almond Dream Lil' Dreamers Vanilla (1.4 oz.)	100	0.5	2	1
✓ Yasso Frozen Greek Yogurt (1.9 oz.) ¹	120	1.5	1.5	5
365 Organic (Whole Foods) Mini Fudge Mint Swirl (1.6 oz.)	120	3.5	2.5	2
Klondike Snack Size the Original (1.4 oz.)	120	5	2.5	0
Skinny Cow No Sugar Added (2.5 oz.) ^S	150	1	1	4
Skinny Cow—except No Sugar Added (2.5 oz.) ¹	150	1	3.5	4
Skinny Cow dipped (1.8 oz.) ¹	190	5	3	2
Trader Joe's Sublime (5 fl. oz.)	440	12	10	5

Ice Cream Cones

✓ Trader Joe's Mini Hold the Cone! Vanilla (0.7 oz.)	70	2	1	1
Trader Joe's Mini Hold the Cone! Choc. (0.7 oz.)	70	2.5	1	1
✓ Weight Watchers Snack Size (1.4 oz.) ¹	90	1.5	2.5	2
Nestlé Drumstick Lil' Drums (1.6 oz.) ¹	120	3	2.5	1
Nestlé Drumstick Vanilla (3.3 oz.)	290	8	5	4

Dipped Bites, Fruit, & Candy Bars

Dove Variety Minis with Dark Choc. (1 piece, 0.6 oz.)	60	2.5	1	1
Dole Dippers (1 pouch, 1.4 oz.) ¹	90	3	1.5	1
Yasso candy bar (1.9 oz.) ¹	150	7	3	4
Diana's Bananas Banana Babies (2.1 oz.) ¹	160	4	3	3
Skinny Cow Simply Amazing Salted Caramel Pretzel (1.7 oz.)	160	7	3	2

Ice Cream Cups

Breyers Snack Cups (1.7 oz.) ¹	100	3.5	2.5	2
Edy's Slow Churned Chocolate (3.4 oz.)	170	3.5	5	5
Häagen-Dazs Vanilla (3.2 oz.)	220	9	4	4
Ben & Jerry's Cherry Garcia (3.8 oz.)	260	10	5.5	4

Fruit or Fruit & Cream Bars

✓ Froozer (2 oz.) ¹	35	0	1.5	0
✓ Nestlé Outshine Fruit or Fruit & Tea, variety pack (1.6 oz.) ¹	40	0	2	0
Simply Popsicle (1.7 oz.) ¹	40	0	2	0
✓ Nestlé Outshine Fruit & Tea (2.4 oz.) ¹	60	0	3	0
✓ Chloe's Pops (2.7 oz.) ¹	60	0	3.5	2
✓ Nestlé Outshine Coconut Waters (3 oz.)	60	0	3.5	0
✓ Whole Fruit Organic Frozen Juice (3 fl. oz.) ¹	60	0	3.5	0
✓ Trader Joe's Mango & Cream (1.4 oz.)	60	1.5	2	1
✓ Julie's Organic Sorbet (2 oz.) ¹	70	0	3	0
✓ Nestlé Outshine Fruit—except Creamy Coconut (2.6 oz.) ¹	70	0	3.5	0
✓ Whole Fruit—except Coconut (2.8 fl. oz.) ¹	70	0	3.5	0
✓ Jolly Llama Simply Sorbet Pops—except Pineapple Coconut (2.4 oz.) ¹	80	0.5	3.5	0
Jolly Llama Simply Sorbet Pops Pineapple Coconut (2.3 oz.)	90	2.5	3	0
✓ Creamsicle 100 Calories (2.3 oz.)	100	1	3	1
✓ Trader Joe's Lime Fruit Floes (4 fl. oz.)	110	0	6.5	0
✓ 365 (Whole Foods)—except Caribbean Mix or Coconut (4 fl. oz.) ¹	120	0	7	0
Nestlé Outshine Fruit Creamy Coconut (3.1 oz.)	120	2.5	4.5	4
365 (Whole Foods) Caribbean Mix (4 fl. oz.)	130	0	7.5	0
Whole Fruit Coconut (2.8 fl. oz.)	140	5	4	2
Dove Sorbet (2 oz.) ¹	150	5	3.5	1
365 (Whole Foods) Coconut (4 fl. oz.)	180	4.5	7	1

Fruit & Veggie Bars

✓ Ruby Rockets (1.8 oz.) ¹	30	0	1	0
✓ Nestlé Outshine, variety pack (1.6 oz.) ¹	35	0	2	0
✓ Nestlé Outshine (2.7 oz.) ¹	70	0	3.5	0
✓ 365 (Whole Foods) (4 fl. oz.) ¹	90	0	4.5	1

✓ Better Bite. ¹ Average. ^D Contains food dyes. ^S Contains aspartame, acesulfame potassium, or sucralose. Note: Better Bite refers to numbers only, not taste.

Daily Limits (for a 2,000-calorie diet): **Saturated Fat:** 20 grams. **Added Sugar:** 6 teaspoons (25 grams) for women, 9 teaspoons (38 grams) for men. (To convert teaspoons of sugar to grams, multiply by 4.2.)

Daily Protein Target: 75 grams.

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

Calories
Sat Fat (g)
Total Sugar (tsp.)
Protein (g)



RIGHT STUFF

Haute Shishito



If they already call you by your first name at that hot new eatery, you're probably several food fads ahead of the curve. But for the rest of us, say hello to the next to-die-for snack or side.

Shishito (shih-SHE-toe) **peppers**—finger-sized, heavily dimpled, and thin-fleshed—have long been a staple at

Japanese restaurants, where they're prized for their mild, slightly smoky taste. But, as *latimes.com* put it last year, they're "having their moment" in the wider world.

To see why, just heat a tablespoon of olive oil in a large, heavy pan until sizzling hot but not smoking, sauté half a pound of shishitos, stirring often, until the skin is blistered and the peppers have started to soften (3 to 5 minutes), sprinkle with a pinch of salt, and prepare to be wowed.

You'll need to stay on your toes, though. While most shishitos are mild, one out of every 10 or 20 packs some serious heat. That adds "a level of playfulness to the eating experience that most foods can only dream of," as *pepperscale.com* notes.

Look for shishitos—or nearly identical Padrón peppers or (low- or no-heat) cubanelles—at your farmers market, Trader Joe's, Whole Foods, or other grocery store.

Then cook yourself up a shishito storm.

traderjoes.com—(626) 599-3700
wholefoodsmarket.com—(512) 542-0878

Photos: © Brent Hofacker/fotolia.com (top left), Jennifer Urbany/CSPi (top right), Kate Sherwood/CSPi (bottom).



FOOD PORN

Chillatta Out

Craving a **Cinnabon**, but don't want to get your hands messy with a sticky mass of white flour, sugar, and margarine while you stroll through the mall or wait for your plane?

No worries. Thanks to a little Cinnamagic, you can drink your Cinnabon.

Not that they just throw a Cinnabon Classic Roll in the blender. Though you'd be better off if they did.

A Cinnabon has 880 calories. But a 24 oz. **Cinnamon Roll Coffee Chillatta** has an impressive 1,030 calories. How's that for a snack?

The Chillatta also packs 26 grams of saturated fat (more than a day's worth) and, we estimate, 25 teaspoons of added sugar. And you thought the Cinnabon's 14 teaspoons was sweet.

The 24 oz. **Oreo Chillatta** is about the same. You might as well drop six Oreos into half a tub of Breyers Natural Vanilla ice cream and dig in.

Who knew that blending ice and Cinnabon's coffee-flavored syrup with a "dairy base" and topping it with whipped cream and caramel sauce could do so much for your figure?

Cinnabon's Facebook page suggests pairing a Chillatta with a Caramel Pecanbon (1,080 calories), calling it the "ultimate indulgence." "Ultimate sacrifice" might be more like it.

cinnabon.com—(888) 288-7655



DISH of the month

Mango Sorbet

In a food processor, purée 3 cups chopped mango, 2 cups chopped pineapple, 2 bananas, and ½ cup unsweetened canned coconut milk until very smooth. Pour into a large zip bag, lay flat, and freeze until solid, 3-4 hours. Break into chunks and process until smooth and creamy, about 5 minutes. Makes 10 half-cup servings.



quick tip

Before refrigerating radishes, carrots, beets, turnips, and other root vegetables, cut off the green, leafy tops. They draw out moisture, causing the veggies to go limp and lose flavor. (Sauté the tops with garlic in olive oil. Mmm.)