

Nutrition Action

CENTER FOR SCIENCE IN THE PUBLIC INTEREST



DECEMBER 2021 \$2.50

News You Can

LOSE

BUZZWORDS
on food labels

**Chemicals in
cosmetics**

The best cereals
**What matters.
What doesn't.**



CENTER FOR
Science IN THE
Public Interest
America's Food and Health Watchdog

CELEBRATING
50 YEARS

M E M O

Protecting our Children's Planet



In early September, more than 230 health and medical journals worldwide simultaneously [published](#) the same editorial. Its title: “Call for emergency action to limit global temperature increases, restore biodi-

versity, and protect health.”

The editorial was blunt. “The science is unequivocal; a global increase of 1.5°C above the pre-industrial average and the continued loss of biodiversity risk catastrophic harm to health that will be impossible to reverse.”

And we’re already perilously close to that point. In August, the Intergovernmental Panel on Climate Change [reported](#) that the planet has heated by 1.1°C since 1900 due to human activity. Among the IPCC’s conclusions:

■ **A hotter planet is**

baked in. Global surface temperature will likely reach 1.5°C above 1900 levels by 2040, no matter what we do. Only deep cuts in emissions will keep us from topping 2°C by 2100.

■ **The “new normal” will get worse.** Wildfires in California, flooding in the Northeast, heatwaves in the Northwest, hurricanes in the South, drought in the West—this summer was devastating enough. But even if we hold the line at 1.5°C, extreme weather events will be more intense and more frequent.

■ **No going back.** Thanks to ocean warming, disappearing glaciers, and melting ice sheets in Greenland and Antarctica, average global sea levels will rise for at least 2,000 years, even if we hold the line at 1.5°C.

A hotter planet is a threat to our health. Extreme weather aside, excess heat is linked to dehydration, impaired kidney function, tropical infections, mental health problems, pregnancy complications, and heart and lung disease, noted the September editorial.

Excess heat, extreme weather, and depleted soils can also threaten food supplies, raising the risk of starvation in some regions.

While we can help cut greenhouse gas

emissions by eating more plants and fewer animal foods, especially beef and dairy (see Apr. 2020, p. 3), changing our own diet isn’t enough.

Globally, livestock accounts for an estimated [15 percent](#) of greenhouse gas emissions caused by humans. We also need to cut emissions from the transportation, power, and industrial sectors.

As a nation, we must invest in a safer, healthier future for our children and grandchildren by cutting net greenhouse gas emissions to zero by 2050. The price tag may be high, but the cost of doing

anything less is far higher. How can we leave our kids with a planet headed for disaster?

“The greatest threat to global public health is the continued failure of world leaders to keep the global temperature rise below 1.5°C and to restore nature,” said the editorial.

“We, as editors of health journals, call for governments and other leaders to act, marking 2021 as the year that the world finally changes course.” I couldn’t agree more.

Peter G. Lurie, MD, MPH, President
Center for Science in the Public Interest



The river is a “victim of the accelerating climate crisis,” said the *Times*.

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CELEBRATING
50 YEARS



News You Can LOSE

BY BONNIE LIEBMAN

Covid is—and should be—the front-page health news. Yet new studies about diet and health still make headlines. Some reporters weed out the sketchy studies. Others can't resist a juicy headline, especially when it's about trendy topics like chocolate, full-fat dairy, diet drinks, or meat. Here's how to see through a few of the latest.

DIET TRENDS · Published June 24

Chocolate for breakfast? Study suggests potential benefits

Eating a high intake of chocolate in the morning hours could actually help with fat burning, the researchers said

“Eating a high intake of chocolate in the morning hours could actually help with fat burning,” reported Fox News in June. “Starting your day off with chocolate...may not have the dire effects on weight gain you’d suspect.”

Researchers had 19 women consume roughly 3½ oz. of milk chocolate containing 540 calories—more than a quarter of their daily

intake—either an hour after waking or an hour before going to bed for two weeks each.¹ They were given no chocolate for two other weeks.

“The researchers reported that morning or nighttime chocolate intake did not lead to weight gain,” said Fox.

But the women reported eating more calories with chocolate than without. So would they have gained weight after three or four weeks?

Also, *on average*, weight didn't change. But women who cut back the least on other foods

gained a few pounds, while those who cut back the most lost a few.

And did chocolate in the morning “actually help with fat burning”? Only compared to chocolate in the evening (which led to more carbohydrate burning). Women burned no more fat during the weeks they ate chocolate than when they ate none.

Bottom Line: Don't expect chocolate to burn off body fat. A key goal of the study was to see whether people process food differently at different times of the day. For that, stay tuned.

¹[FASEB J. 2021. doi:10.1096/fj.202002770RR.](https://doi.org/10.1096/fj.202002770RR)

“New research suggests that middle-aged adults can lower their long-term risk for heart failure by simply drinking enough water on a daily basis,” reported a HealthDay [article](#) on USNews.com in August. Wow.

“The finding follows an analysis that stacked heart health up against blood salt levels—an indicator for over-all fluid intake—among nearly 16,000 middle-aged men and women over a 25-year period,” explained the article.¹

“The study team then tracked heart failure incidence—along with problems with the heart’s left ventricular pumping capacity—over the ensuing years. The result: those whose blood sodium levels had exceeded 142 mmol/L in

USNews NEWS

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Home / News / Health News

Why Water Is Key to Your Heart's Health

Aug. 24, 2021

By Alan Mozes HealthDay Reporter

TUESDAY, Aug. 24, 2021 (HealthDay News) -- Everyone knows that drinking plenty of water every day can improve your health in a myriad of ways, but here's a lesser-known benefit: New research suggests that middle-aged adults can lower their long-term risk for heart failure by simply drinking enough water on a daily basis.

(HEALTHDAY)

middle age saw their risk for both heart issues surge when they hit age 70 and older.”

That “trigger point” is in the normal range for blood sodi-

um, noted the article.

Sounds like big news...until you reach the end of the article, where Robert Eckel, past president of the American

Heart Association, is quoted.

“These data in the abstract are interesting,” he notes.

Abstract? Yup. The study hasn't even been published.

The findings are “only hypothesis-generating,” added Eckel, warning that “too much fluid in the wrong patient could be harmful.”

The article then cautions: “Research presented at medical meetings should be viewed as preliminary until published in a peer-reviewed journal.”

Oh. So water may *not* be key to your heart's health?

Bottom Line: It's too early to know if drinking more water can prevent heart failure.

¹[Eur. Heart J. 42 \(suppl.\): 980, 2021.](https://doi.org/10.1093/eurheartj/ehab001)

“A new study revealed that some ‘diet’ drinks could cause increased appetites among women and people with obesity,” reported [Newsweek.com](#), citing an NPR story, in October.

The researchers “wanted to know: does a person’s weight or sex impact the efficacy of sucralose? In other words, does sucralose help a person lose weight?” said Newsweek, which went on to describe the study.

“Researchers asked participants to drink 300-mL of water, or a 300-mL drink that either contained sucrose or sucralose.” (Sucrose is table sugar. Sucralose is an artificial sweetener.)

The results: Two hours later, when the participants were offered an all-you-can-eat buffet, “women consumed ‘greater total calories’ after consuming drinks with sucralose,” explained Newsweek.

Yes, the women did eat about 85 more calories *from the buffet* on the day they got the drink sweetened with sucralose rather than sucrose.¹

But when you include the calories in the drinks, the women consumed about 215 *more* calories on the day they got the



300-calorie sugary drink rather than the zero-calorie sucralose drink.

That fits with a 2019 study, which found that people with overweight or obesity gained weight when researchers gave them drinks sweetened with sugar but not sucralose for 12 weeks.²

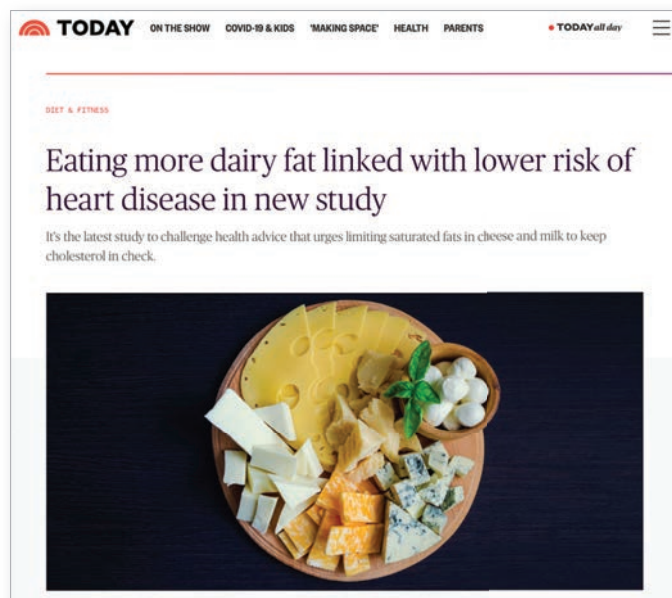
And it’s no surprise that women ate more from the buffet on the day they got the sucralose drink. They hadn’t eaten since the night before, so they were probably hungrier two hours after they got the zero-calorie drink rather than the 300-calorie drink.

What’s more, the women consumed *fewer* calories on the days they got the sucralose drink than on the days they got water.

Bottom Line: Avoid sugary drinks. If low-calorie sweeteners help you break the sugar habit, stick with safe sweeteners like stevia or erythritol. Sucralose, aspartame, and acesulfame potassium are poorly tested or cause cancer in animals.

¹ [JAMA Netw. Open 2021. doi:10.1001/jamanetworkopen.2021.26313.](#)

² [Am. J. Clin. Nutr. 109: 1288, 2019.](#)



“As cheese lovers keep hearing warnings about eating too much saturated fat, here comes another study that goes against the conventional wisdom about heart health and dairy fat,” reported

Today eventually gets around to saying.

“A healthy dietary pattern includes dairy in the form of fat-free or low-fat milk, yogurt and cheese, according to Dietary Guidelines for Americans,

Today.com in October.

Researchers analyzed blood samples from more than 4,000 adults in Sweden and followed them for 16 years, said Today.

“After adjusting for age, lifestyle, dietary habits and other risk factors, the people with higher levels of dairy fat intake biomarkers had a lower risk of cardiovascular disease compared to those who ate less dairy fat.”¹

So dairy fat is good? No...which

2020-2025,” the article noted.

[CNN.com’s report](#) on the same study did a better job at explaining why.

“The group with the highest biomarker of dairy intake also had, among other things, a significantly lower BMI, were more physically active, had a lower smoking rate, lower rates of type 2 diabetes and cardiovascular disease, a higher level of education, higher intakes of vegetables, fruit and fish, and lower intake of processed meat...all factors associated with a lower risk of cardiovascular disease,” said the report, quoting Alice H. Lichtenstein, director of the Tufts University Cardiovascular Nutrition Laboratory.

Although the researchers adjusted for those factors, they can’t be ruled out, added Lichtenstein. “Associations cannot establish causality.”

Bottom Line: Stick to low-fat dairy, as the American Heart Association and other health authorities recommend.

¹ [PLoS Med. 2021. doi:10.1371/journal.pmed.1003763.](#)

How Much Exercise Do We Need to Live Longer?

Two studies suggest the sweet spot for longevity lies around 7,000 to 8,000 daily steps or about 30 to 45 minutes of exercise most days.



“To increase our chances for a long life, we probably should take at least 7,000 steps a day or play sports such as tennis, cycling, swimming, jogging or badminton for more than 2.5 hours per week, according to two, large-scale new studies of the relationship between physical activity and longevity,” reported the [New York Times](#) in September.

“The two studies, which, together, followed more than 10,000 men and women for decades, show that the right types and amounts of physical activity reduce the risk of premature death by as much as 70 percent,” noted the *Times*.

“But they also suggest that there can be an upper limit to the longevity benefits of being active, and pushing beyond that ceiling is unlikely to add years to our life spans and, in extreme cases, might be detrimental.”

Detrimental? Yikes.

Only one of the two studies suggested any harm. Residents of Copenhagen who reported doing sports for more than 10 hours a week had an 18 percent higher risk of dying over the next 25 years than those who did 2.6 to 4.5 hours a week.¹

But the Danish researchers asked the roughly 8,700 participants how often they exercised only once, when the study began.

A recent study of roughly 134,000 U.S. health professionals also found a higher risk of dying in the most active people identified by a single 28-year-old questionnaire.² However, when the researchers used their complete data—from questionnaires sent *every two years* for 28 years—the higher risk of dying in the most active people vanished.

Bottom Line: There is no good evidence that exercise—even at 3 to 5 times the recommended levels—increases the risk of dying prematurely, say the *Physical Activity Guidelines for Americans*. Those levels: at least 2½ to 5 hours of moderate—or 1¼ to 2½ hours of vigorous—exercise per week.³

¹ *Mayo Clin. Proc.* 2021. doi:10.1016/j.mayocp.2021.05.028.

² *Eur. J. Epidemiol.* 36: 275, 2021.

³ health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf.

“New research shows that sleeping too much or too little could have a negative impact on the brain,” reported *USA Today* in September.

“A peer reviewed study published by the journal *JAMA Neurology* found that people who sleep six hours or less every night had elevated levels of beta-amyloid—a protein that accumulates to form amyloid plaques,” one of the first markers of Alzheimer’s disease, said *USA Today*.¹

“The study also revealed that adults who sleep longer than nine hours showed increased signs in depressive symptoms, body mass index and cognitive decline.”

The results suggest that “there’s something happening in short [sleep] that looks like Alzheimer’s disease,” noted the study’s lead author, “and that there is still a mystery with long sleepers,” said the article.

Oh, so too much sleep *doesn’t* increase the risk for Alzheimer’s, as the headline implied?

At least *USA Today* cited some of the study’s limitations.

“It relied on participants self-reporting how much sleep they got,” noted the article. “Participants also didn’t give information regarding health issues such as cardiovascular disease or diabetes, which could explain some of the differences.”

Nor did the researchers have data on sleep apnea or the use of medications that affect sleep.

But *USA Today* missed the biggest limitation: This kind of study—just a snapshot in time—can’t say whether “sleeping too much or too little could have a negative impact on the brain” or whether early Alzheimer’s (or other brain disorders) may have *caused* people in the study

to sleep too little or too much.

Bottom Line: Don’t assume that too little or too much sleep *causes* Alzheimer’s or other types of dementia.

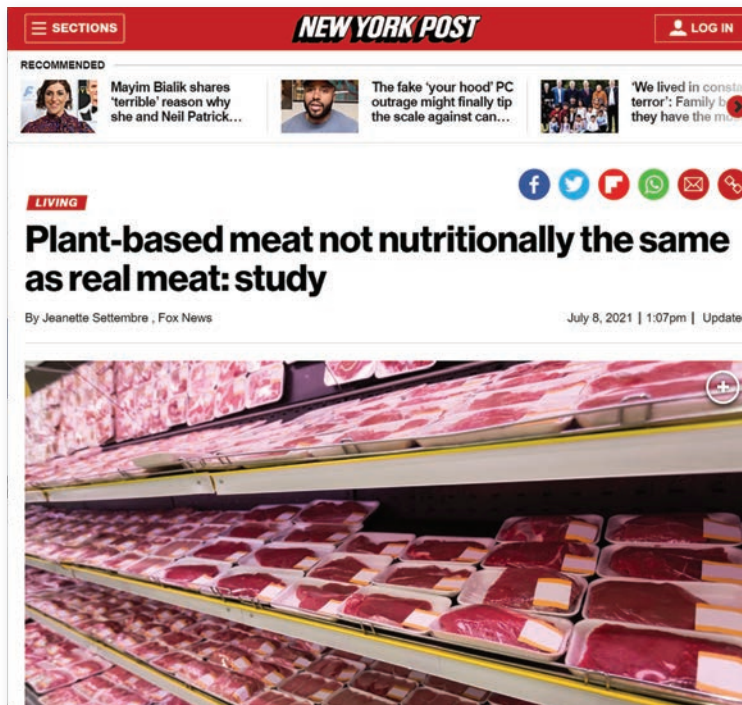
¹ *JAMA Neurol.* 2021. doi:10.1001/jamaneurol.2021.2876.



“Plant-based meat alternatives may look and cook like real meat, but scientists say that the nutritional components may not be the same,” [reported](#) a *New York Post* article—originally published by Fox News—in July.

“Alternative meat makers mimic the look, taste and texture of meat with iron-carrying molecules from soy among other ingredients like beets and berries and ramp up the protein with soy, peas and other plant-based ingredients,” explained the article.

“The study, however, found that several metabolites proven to be vital to human health were found either exclusively or in greater amounts of beef, including creatine [*sic*], spermine, anserine, cysteamine, glucosamine, squalene and the omega-3 fatty acid DHA.”¹



“These nutrients are important for our brain and other organs including our muscles,” Stephan van Vliet, a postdoctoral researcher at the Duke Molecular Physiology [*sic*] said in a statement.”

Who wouldn’t want nutrients important for our brain and other organs? (Never mind that beef has only tiny amounts of nutrients like DHA.)

The plant meats the study looked at had some nutrients that aren’t found in beef, noted the article. “But that’s not to say that one is better than the other,” said van Vliet.

Good to know.

It also would have been good for *Post* readers to know that van Vliet had received a grant from the North Dakota Beef Association for another study. Van Vliet disclosed that in the new meat study, but Fox and the *Post* did not.

Bottom Line: Don’t worry about news reports that plant-based meats are inferior to real meat. For starters, red meat is “probably [carcinogenic](#),” according to the International Agency for Research on Cancer.

¹[Sci. Rep. 2021. doi:10.1038/s41598-021-93100-3.](#)



“Believe it or not, eating (healthy) fats scorches belly fat,” declared the September article on the “Eat This, Not That!” [website](#).

In a 12-week study on 105 adults with either overweight or obesity, EatThis.com explained, “one group was provided with a daily meal that included an avocado while the other group’s

daily meal did not include avocado,” though it contained foods with similar ingredients and calories.¹

The results: “The females who consumed an avocado daily showed a reduction in visceral abdominal fat—the hard-to-lose, dangerous fat that stores within the abdominal cavity and surrounds the organs—along with a reduction in the ratio of visceral fat to subcutaneous fat (the type of fat that you can pinch since it lays directly beneath the skin).”

No changes were seen in the men, said EatThis.com, which, to its credit, noted that the Hass Avocado Board funded the study.

However, the researchers’ plan—which they posted on the government’s registry of clinical trials ([clinicaltrials.gov](#)) in 2016—was to look at men and women together.

Those results: The reported change in visceral fat was no different between the avocado eaters and the control group. However, the control group *lost* subcutaneous fat. That made its ratio of visceral to subcutaneous fat worse than the avocado group’s.

But why disappoint your funders? Instead, a [press release](#) about the study said, “Women who consumed avocado as part of their daily meal had a reduction in deeper visceral abdominal fat.” Too bad it wasn’t statistically significant.

Bottom Line: Enjoy avocado. Just don’t expect that eating it “scorches belly fat.” 🚫

¹[J. Nutr. 151: 2513, 2021.](#)

Quick Studies

A snapshot of the latest research on diet, exercise, and more.

Tackling Tough-to-Treat Hypertension



An estimated 20 to 30 percent of people with high blood pressure have resistant hypertension. That typically means their pressure is still high even though they're taking several drugs to lower it.

Researchers randomly assigned 140 inactive people with resistant hypertension and excess weight to either:

- detailed advice on a DASH diet, weekly weight-loss counseling, and supervised exercise three times a week, or
- one hour of advice on diet, weight loss, and exercise.

All were told to keep taking their meds. After four months, average systolic blood pressure (the higher number) fell by roughly 13 points in the group given more help and by 7 points in the hour-of-advice group.

What to do: Whether you have hypertension or want to prevent it, try exercise, losing excess weight, and a DASH (Dietary Approaches to Stop Hypertension) diet to lower blood pressure. For more on a fruit-and-veggie-rich, lower-sodium DASH diet, go to nutritionaction.com/dash.

Circulation 2021. doi:10.1161/CIRCULATIONAHA.121.055329.

Are You Insulin Resistant?

One in four adults aged 18 to 44 who *don't* have diabetes may have insulin resistance—that is, their insulin has trouble moving blood sugar into cells. Obesity, hypertension, high cholesterol, and inactivity are linked to insulin resistance. But many people with insulin resistance do not have obesity.

What to do: Get your blood pressure, cholesterol, and blood sugar checked...and keep moving!



J. Clin. Endocrinol. Metab. 2021. doi:10.1210/clinem/dgab645.

Covid Vaccines & the Heart

Myocarditis (inflammation of the heart muscle) is an adverse effect of the Pfizer and Moderna Covid vaccines, but it's rare.

In July, the CDC reported roughly 63 cases of myocarditis per million second shots given to males aged 12 to 17, 51 per million in males aged 18 to 24, 17 per million

in males aged 25 to 29, and 2 per million in males aged 30 or older. For females, there were roughly 4 cases per million in those aged 12 to 29 and 1 per million in those 30 or older.

Ninety-six percent of vaccine recipients who developed myocarditis were hospitalized. By June, 95 percent of them had been discharged from the hospital, and none had died.

What to do: Get vaccinated. The benefits outweigh the risks. 📌

MMWR Morb. Mortal. Wkly. Rep. 70: 977, 2021.

Pick a Bean, Any Bean



Beans can help lower LDL ("bad") cholesterol, says a study partly funded by Canadian bean growers.

Researchers told 64 people with high LDL to eat a daily serving of ½ cup of beans, 1 cup of beans, or 1 cup of white rice for four weeks each. Participants were given

rice plus cans of black, navy, pinto, dark red kidney, and white kidney beans.

After four weeks, LDL levels averaged 159 mg/dL (rice), 155 mg/dL (½ cup of beans), and 150 mg/dL (1 cup of beans). (Only the difference between the 1 cup of beans and the rice was statistically significant.)

What to do: Lentil soup, black bean tacos, three-bean chili, red beans & rice, anyone?

J. Nutr. 2021. doi:10.1093/jn/nxab323.



Cauliflower Con



"CRUST made with Cauliflower," says Marie Callender's new **Chicken Pot Pie**. The finer print tells another story: "a golden crust made with wheat and cauliflower."

Turns out, the crust has more white flour than cauliflower purée. How much more? The label doesn't say.

But a 14 oz. pie has a hefty 86 grams of carbs. Ounce for ounce, that's

no fewer carbs than Marie's regular chicken pot pie. And the "cauliflower" pot pie has only a smidge (1 gram) more fiber.

Foods like "riced" or mashed cauliflower can help you replace starchy and refined carbs like white rice or white potatoes. But mixing cauliflower purée into a thick flour crust is only helping Conagra make an 810-calorie pot pie with 80 percent of a day's saturated fat *look* healthy.

Flimsy Support



"IMMUNE SUPPORT," shouts **Naked Orange Carrot Mango**. "Vitamins C & A to help maintain healthy immune function."

Naked's 15 oz. fruit juice smoothie supplies 100 percent of a day's vitamin C and 90 percent of a day's vitamin A for 220 calories.

You'd also get that much A and C from plenty of whole foods. A cup of carrot sticks or cooked spinach has 100 percent of a day's vitamin A. And a cup of strawberries or cooked broccoli has a full day's C. (Each has around 50 calories—a better deal than juice.)

And unless you're deficient in A or C, eating more foods rich in those vitamins is unlikely to ward off infections (see Jun. 2020, p. 3).

It's no wonder claims like "supports immunity" or "maintains immune function" are everywhere. As long as companies don't name a disease or condition, they can make claims about how a food affects the *structure* or *function* of the body with little oversight by the Food and Drug Administration.

And if people assume that "immune support" means a juice will "defend against" or "help fight" Covid? Odds are, that's okay with Naked.

What's your

BY LINDSAY

"Immunity." "Protein." "Probiotic." "Superfruit." "Multigrain." "Simply." "Made with." Lately, it seems like food marketers' bag of health-ish buzzwords is bursting at the seams. Are they

Protein Puffery



A 7 oz. **Stonyfield Organic Superfruit High Protein Parfait** has 16 grams of protein, but it comes with 12 grams (3 teaspoons) of added sugar and 250 calories.

A 6 oz. (¾-cup) serving of plain low-fat Greek yogurt has the same protein...with *half* the calories.

Truth be told, any real Greek (strained) yogurt has at least the 10 grams of protein per 6 oz. that the FDA requires for "high protein" claims on yogurt.

So why bother slapping "high protein" on a sugary granola plus Greek yogurt with more added sugar than any of its "superfruits"? Simple. It sells.

Want a high-protein parfait? Build your own with plain low-fat Greek yogurt, unsweetened fruit, and a lower-sugar cereal (see p. 12). Sold!

Fauxgurt



Target's **Good & Gather Probiotic Fruit & Yogurt Trail Mix** has white-coated "yogurt-flavored cranberries" and "Greek-style yogurt confectionery chips." Yogurt-flavored? Greek-style? *Confectionery?*

Translation: The main ingredients in the "yogurt" are sugar and palm oil, not its "Greek yogurt powder." That helps explain why ¼ cup of the mix packs 18 grams (4½ teaspoons) of added sugar.

Faux "yogurt" is one of the oldest buzzwords in the food company playbook. Apparently, it still works.

"Probiotic" is newer. But in many cases—like the BC30 in this trail mix—the evidence that the microbes can do much for your health is unimpressive (see Nov. 2021, p. 8).

buzzword?

BY MOYER

looking for a way to stand out in the crowd... or just trying to distract shoppers from their refined flour, sugar, or empty calories?



Simply Sugar Water

Why are buzzwords like “simple” or “simply” such a gold mine? Because they sound good...yet they mean, well, nothing.

Take “all natural” **Simply Peach**. You might think it’s simply peach juice—just like the brand’s **Simply Orange** is 100 percent OJ. Nope.

A clue: The teensy pale “juice drink” below its name. Unless you look above the Nutrition Facts on the back of the bottle, you’d never know that Simply Peach is just 17 percent juice (peach plus lemon). That leaves 83 percent sugar water. So each 100-calorie cup has 5 teaspoons of added sugar.

Simply Watermelon and **Simply Mixed Berry** juice drinks are only 10 percent juice.

Whole fruit is low in calorie density (calories per bite) and full of intact plant cells that you chew (so you feel full). Juice drinks—even real juices—can’t do that. So why not buy a simple peach, a simple watermelon, or a simple pint of berries instead?



Something Fishy

“3g of sugar per bag,” say **Smart Sweets Sweet Fish**. Gummies, chocolates, bars, cookies, and other sweets with just 1, 2, or 3 grams of sugar now abound. Can you have your candy and eat it too?

Smart Sweets replaces added sugar with allulose and monk fruit extract. So a 1.8 oz. bag has just 3 grams of sugar, a tiny fraction of the 38 grams you’d get in 1.8 oz. of the classic Swedish Fish candy.

But Smart Sweets also has processed soluble corn fiber, poorly digested carbs (isomalto-oligosaccharides), and modified starch. So it still has an empty 100 calories—less than the 180 in Swedish Fish, but not a free ride.

Lower sugar? Yes. Smart? Their marketing team sure is.

Oiltella



Repeat after us: “Multigrain” may sound like “whole grain,” but it only means “more than one grain.”

Take a **Nutella & Go!** pack’s “multigrain sticks with oat & blueberries.” The sticks have more enriched (aka white) flour than oat flakes...and more sugar, palm oil, and salt than blueberries.

Why bother?

And don’t forget the star of the show. The Nutella “hazelnut spread” has more sugar and palm oil than hazelnuts...so each 270-calorie snack pack delivers 5 grams of saturated fat (a quarter of a day’s max) plus 5 teaspoons of added sugar.

Nutella has buzzwords figured out. If at first you *do* deceive, try, try again.

Superfood Scam



Chia, quinoa, kale, spinach, berries. You name it, they sell.

So anytime you spot a buzzy ingredient plastered on a front label, head to the ingredient list for a fact-check.

Late July Organic Chia & Quinoa Crackers don’t pass the test. Their main grain—the first ingredient—isn’t quinoa. It’s “wheat flour” (and not even “whole-grain” wheat flour).

In fact, the fiber-poor, protein-poor crackers have more of the flour, sunflower and/or safflower oil, and palm oil than their namesake chia seeds or quinoa.

We’re guessing “Organic Refined Flour & Oil Crackers” didn’t make it past the focus groups. 🚫



LO-O-O-NG LASTING MAKEUP

PFAS found in roughly half of tested cosmetics

BY CAITLIN DOW

No one wants to get out of the swimming pool looking like a raccoon,” says Graham Peaslee, a professor of physics at the University of Notre Dame. True enough, but waterproof mascara has a price. Many companies use chemicals known as PFAS (per- and polyfluoroalkyl substances) to make cosmetics more spreadable, waterproof, or “long-lasting.” Here’s what you should know.

PFAS are everywhere. The class of more than 4,000 chemicals is used in nonstick cookware, waterproof clothing, food packaging, carpets, cosmetics, and far more.

But they come at a cost. PFAS are often called “forever chemicals” because they may take thousands of years to break down. That means they accumulate in soil, water, air...and our bodies.

And while scientists don’t have definitive answers on the health risks, exposure to some PFAS has been linked to problems like cancer, higher cholesterol levels, and immune suppression.

PFAS from makeup can enter the body through the skin, the tear ducts, or the gut. But until Graham Peaslee looked, no one knew how often PFAS are added to cosmetics in North America.

Peaslee’s team tested 231 cosmetics including foundations, concealers, mascaras, lip products (like lipsticks, liners, glosses, and balms), eye products (like shadows, liners, and pencils), and more. Roughly half of the foundations, lip products, eye products, and mascaras contained high levels of fluorine, an indicator of PFAS.¹ (The study didn’t name brands.)

“Fluorine levels as high as we saw suggest that PFAS were intentionally added,” says Peaslee. “It’s not just contamination from the assembly line

or something like that.”

Especially fluorine-laden categories included waterproof mascaras, liquid lipsticks, and cosmetics advertised as “long-lasting” or “wear-resistant.”

From there, Peaslee tested 29 foundations, mascaras, and lip products for 53 individual PFAS. All tested positive for at least four. A handful contained as many as 13 PFAS.



Liquid lipsticks, waterproof mascaras, and “long-lasting” cosmetics had high fluorine levels.

“The most common question I get is ‘How can I avoid PFAS in my makeup?’” says Peaslee. “Unfortunately, I can’t tell you.”

Just one of the 29 products he tested for individual PFAS had PFAS listed as ingredients. “Labeling is totally inadequate,” he notes. (See Mar. 2020, p. 8.)

And you can’t assume that, say, an ordinary (rather than “long-lasting” or waterproof) lipstick or mascara is PFAS-free.

Don’t wear makeup? PFAS in cosmetics still matter.

“These chemicals get washed down the drain or the leftovers make their way to a landfill,” says Peaslee. “Eventually, it all contaminates the environment or ends up in our water supply.”

(In October, the EPA proposed limits on PFAS in drinking water.)

“Cosmetic companies should require their supply chains to be PFAS-free,” says Peaslee. “They need an independent lab to regularly test a random sample of their products. That’s not impossible or terribly expensive.”

“The good news from the study is that not all cosmetics had PFAS, so it can be done.”

Some changes are in the works.

In 2020, California banned 13 kinds of added PFAS in cosmetics as of January 2025. That should lead companies to eliminate those PFAS nationwide.

At Ulta, you can choose brands that use “clean ingredients,” which means they are made without PFAS (and several other chemicals).

And in response to Peaslee’s study, a group of senators has introduced the No PFAS in Cosmetics Act, which would require the FDA to ban added PFAS in cosmetics (including makeup, lotion, perfume, shampoo, and nail polish).

“If we can avoid using these chemicals in cosmetics,” says Peaslee, “why wouldn’t we?” 🚫

¹ *Environ. Sci. Technol. Lett.* 8: 538, 2021.

The Healthy Cook

How Sweet (and Sour) It Is!

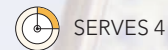


For this salad, any apple will do, but to pump up the sweet & sour, pick a sweet-tart one like Pink Lady or Honeycrisp. For a dazzling mix, use half a sweet apple (Fuji or Gala) plus half a tart Granny Smith. 🍏

Sweet & Sour Winter Salad

- | | |
|--|---|
| 2 Tbs. extra-virgin olive oil | 1 tsp. Worcestershire sauce |
| 2 Tbs. white (or regular) balsamic vinegar | ¼ tsp. kosher salt |
| 2 tsp. whole-grain mustard | 2 cups shredded cabbage (purple and/or green) |
| 1 tsp. maple syrup, honey, or brown sugar | 4 cups torn kale leaves or baby kale |
| ½ tsp. reduced-sodium soy sauce | 1 apple, cored and thinly sliced |
| | ¼ cup roasted salted sunflower seeds |

1. Make the dressing: In a large bowl, whisk together the oil, vinegar, mustard, maple syrup, soy and Worcestershire sauces, and salt.
2. Toss the cabbage and kale with the dressing. Add half the apples and sunflower seeds and toss again. Transfer to a serving bowl.
3. Scatter the remaining apples and sunflower seeds on top.



SERVES 4

PER SERVING (1½ cups): calories 160 | total fat 11 g | sat fat 1.5 g | carbs 15 g | fiber 3 g | total sugar 9 g | added sugar 1 g | protein 3 g | sodium 280 mg

For more
winter salads

Go to nutritionaction.com/salads
for **Crunchy Brussels Salad**
and **Broccoli & Lentil Salad**

For cooking
advice

Write to Chef Kate at
healthycook@cspinet.org

Grain Games

WHAT COUNTS IN THE CEREAL AISLE

BY LINDSAY MOYER & KAAMILAH MITCHELL

The healthiest standbys don't change much. They're mostly unsweetened shredded wheat, whole wheat or bran flakes, and fruit-and-nut muesli. All have little or no added sugar and plenty of whole grains. Pretty simple stuff.

What does change: Cereal marketers' pitches for...nearly everything else. Should you spring for a "keto" cereal? Go grain-free? Get more protein? Replace sugar with fruit concentrate or allulose? Pay up for "real" nuts or berries?

Steps 1 to 4 cover the simple stuff. To decode the hype, head to pages 13 and 14.

1 Spot the whole grains. The healthiest diets don't just have more *whole* grains; they also have fewer *refined* grains. The key question: How much of the grain in a cereal is whole?

If the box says "100% whole grain," you're good. But claims like "18 grams whole grain" don't tell the whole story (see "Grain of Truth," p. 14).

In that case, head to the ingredients list:

■ **Wheat & corn.** If it doesn't say "whole" or "whole grain" wheat or corn (or flour), assume they're refined. Also refined: "degerminated" corn, corn meal, or flour.

■ **Rice.** Brown, red, and black rice are whole grains. Just "rice"? Probably not.

■ **Oats & more.** Oats, sprouted grains, quinoa, sorghum, and spelt may not always say "whole," but they typically are.

■ **Bran.** It's the fiber-rich outer layer that's stripped off whole grains when they're refined. So when bran was added to a cereal, we counted it as a whole grain.

Our Best Bites are all—or nearly all—

whole grain. "Nearly all" means that the first two grain ingredients are whole grains or bran, but that a refined grain appears farther down the ingredients list (so there's less of it).

2 Know your serving. For less dense (we call them "lighter") cereals, the serving size on the Nutrition Facts label is the fraction of a cup closest to 40 grams. For denser ("heavier") cereals, it's the fraction closest to 60 grams. That's why most servings range from ½ cup (some granolas) to 1½ cups (Cheerios).

How much is *your* serving? Measure what's in your usual pour.

3 Minimize added sugar. The cereal aisle is (finally!) brimming with boxes that bear the new Nutrition Facts label. Check the "Added Sugars" line: it discloses the sugars that come from sweeteners (cane sugar, honey, corn syrup, etc.). The "Total Sugars" line also includes the naturally occurring sugars in any raisins, berries, or other dried fruit.

The percent Daily Value (%DV) for added sugar tells you how much of a day's max (50 grams) you get in a serving. (A 30-gram DV would be even better, but it's not up to us. See Nov. 2020, p. 3.)

Our Best Bites have no more than 5 grams (about a teaspoon) of added sugar per serving for lighter cereals, or 7 grams (1½ teaspoons) for heavier cereals. (We didn't award any Honorable Mentions.)

For a few of our favorite Best Bites, see the photos below.

We disqualified cereals with the sweetener sucralose, which our chemicalcuisine.org rates as "avoid." (We also would have disqualified cereals with acesulfame potassium or aspartame, had we found any.)

4 Focus on unprocessed fiber. The Nutrition Facts don't say how much of a cereal's "Dietary Fiber" is intact, unprocessed fiber (from whole grains and bran) and how much is processed (from added inulin, chicory root, soluble corn fiber, or other sources). That's why our Best Bites have no fiber minimum.

Looking for a fiber-rich cereal to get things moving? Wheat bran is a standout for regularity. Think bran flakes, shredded wheat, All-Bran Original. In contrast, most processed fibers that are added to foods don't seem to help (see Jun. 2020, p. 8). One exception: psyllium seed husk. Kellogg adds it to All-Bran Buds.



For a Best Bite raisin bran, just add raisins.



Half the sugar of Frosted Mini Wheats. Nice!



Super-crunchy flakes that stand up to milk.



Bob's Old Country Style Muesli: a perennial fave.



Hearty, filling toasted whole wheat with flax.

Sneaky Sugar

What happens when a line for “Added Sugars” shows up on the Nutrition Facts label? Companies get creative to be able to show “0.”

■ **Dried fruit powder.** “No Added Sugar,” says new **Cascadian Farm Organic Vanilla Crisp Cereal**. “Sweetened with Fruit.” Make that sweetened with *processed* fruit. Dried date powder, to be exact.

Topping a bowl of cereal with chunks of real fruit adds nutrients plus volume, which cuts the calories per bite (the “calorie density”) and helps fill you up. (See April 2021, p. 3.)

Does replacing cane sugar with processed fruit powder do all of that? Nope. But it does help the cereal—which isn’t even all whole grain—pack 270 calories into each 1¼-cup serving.

■ **Fruit purée concentrate.** “Concentrate” means some of the water in a puréed fruit has been removed. That concentrates the fruit’s sugar. Food companies love purée concentrates because labels don’t count their sugar as “added.” (In contrast, the sugar in fruit *juice* concentrates added to foods does count as “added.”)

Bear Naked adds only enough apple purée concentrate to its “0g ADDED SUGAR” **Peanut Butter Crunch Granola** to reach 3 grams of total sugar. That’s because it also gets sweetness from allulose (see “The Keto Catch”). But low in sugar doesn’t mean low in calories. Naked’s got 270 in each ¾ cup.



Powder can’t measure up to real fruit.



A few almonds? What’s special about that.

Get Real

At breakfast, it’s easy to fill a bowl with real, nutrient-rich ingredients...and whole grains are just the start. Nuts, seeds, fresh or frozen fruit—you can mix and match.

Too bad most cereals that make a fuss about those things offer little. For example:

■ **Multi Grain Cheerios with Real Strawberries.** “We’ve taken everything you love about Multi Grain Cheerios and made it even tastier by adding real strawberry pieces!” brags the box. That’s a stretch; the cereal contains more cornstarch than dried berries.

■ **Special K Vanilla & Almond.** “Now with MORE REAL ALMONDS,” shouts the box. Yet the cereal still has more sugar than nuts. Judging by the fat (1½ grams), Kellogg adds no more than three almonds per cup.

In contrast, some new cereals—from brands like KIND and Clif—are actually *delivering* almonds, peanuts, and more.

■ **Clif.** Thanks to its barely-sweet flakes, all four varieties get Best Bites. And the **Chocolate & Peanut Butter** and **Honey & Peanut Butter** are studded with real peanut halves you can see and crunch.

■ **KIND.** Most varieties have more almonds (the number-one ingredient) than anything else, though KIND adds more sugar than Clif. Best Bite **Apple Cinnamon** is packed with crisp apple pieces.

The downside: cost. We paid \$7 for a 15 oz. box of Clif. Ounce for ounce, KIND was even more: \$6 for a 10 oz. box.

Want to save a little cash? Build your own. Start with a Best Bite like plain shredded wheat, **Total, Whole Foods 365 Organic Bran Flakes**, or **Wheaties**. Then add a tablespoon or two of almond slivers, chopped walnuts, pumpkin or sunflower seeds, you name it. Top it off with fresh or frozen fruit. Ta-da!

The Keto Catch

In 2019, **Magic Spoon** kicked off the ultra-low-carb diet craze in cereal. Now **Catalina Crunch, Wonderworks**, and other “keto friendly” cereals are everywhere.

Who wouldn’t want more protein and less sugar at breakfast?

The catch: A bowl of processed protein and fibers with a sprinkle of refined starch is unlikely to offer the health benefits of whole grains—with their intact, fiber-rich bran. That’s why none of those grain-free keto cereals are Best Bites. **Wonderworks** also racks up saturated fats from palm and palm kernel oil.

What’s more, some popular ingredients in keto-friendly cereals may not be *gut* friendly. Two to watch:

■ **Inulin (aka chicory root fiber).** It can add sweetness and counts as fiber on Nutrition Facts labels, so it shows up in plenty of cereals, keto and non-keto. But it’s a fermentable fiber. Translation: it can make your gut bacteria release gas.



Not working any wonders for your health.

■ **Allulose.** It’s a sugar that’s poorly absorbed in the gut, so Nutrition Facts labels don’t have to count it as “sugar.” But in some people, too much can cause nausea, diarrhea, or abdominal pain (see chemicalcuisine.org). How much is too much? It’s unclear. But allulose is now also added to many lower-sugar bars, cookies, candies, etc., so beware.

Want less sugar? Less-processed Best Bites like plain shredded wheat and **Uncle Sam Original Wheat Berry Flakes** add none. They’re great topped with berries or other fresh fruit.

Another winner: a no-sugar-added muesli like **Alpen Triple Berry**. With a subtle sweetness from its sprinkle of dried fruit, Alpen is a great crunchy substitute for sugary granola.

Want more protein? Layer your cereal on top of plain low-fat Greek yogurt or cottage cheese (15 to 20 grams of protein in 6 oz.). Dairy-free? Go with soy yogurt or a protein-rich plant milk like Silk Protein (Original or Unsweet).



Not keto, but low in sugar...and a Best Bite.



Grain of Truth

A few cereals have clear labels like “100% whole grain.” Most other grain claims are tricky. They don’t tell you how much refined grain you may be getting along with the whole grain.

For example:

“25g of whole grain” doesn’t tell you much.

■ “Made with” whole grain.

Special K Blueberry flakes are “made with whole grain.” Yes, whole wheat is the first ingredient in those flakes (and in all the other Special K cereals except **Original**, which has no whole grain). But the second ingredient is *refined* rice.

■ **Grams whole grain.** **Smart Start Original Antioxidants** has “25g of whole grain” per serving. But refined rice is the first ingredient. Not so smart.

And 25 grams isn’t very much, given Smart Start’s large serving size (64 grams). In contrast, **Whole Foods 365 Organic Bran Flakes** have 32 grams of whole grain in a smaller (40 gram) serving. And that doesn’t include its fiber-rich bran (see p. 12). No wonder it’s a Best Bite.

Not Buying It

Some claims are better for selling cereal than they are for your health.

■ **Hearts.** The FDA has rules for claims about heart disease or lowering cholesterol, but they’re lax.

For example, a cereal can claim that it “may reduce the risk of heart disease” simply because it’s low in saturated fat and cholesterol—like, well, most cereals—or rich in whole grains. Ditto if the cereal has enough soluble fiber from oats to help lower blood cholesterol levels... even if you have to eat two to four servings a day.

What’s more, the FDA hasn’t set an added-sugar limit on foods that make those types of claims. That explains why you’ll see them on **Honey Nut Cheerios**, **Apple Cinnamon Cheerios**, **Great Grains Cranberry Almond Crunch**, and others with around 3 teaspoons of added sugars—a quarter of a day’s max. Sheesh.

■ **Added vitamins.** **Total** has “100% Daily Value of 11 Vitamins & Minerals.” But it has just 10 percent of a day’s vitamin D, a nutrient that many of us get too little of because it’s rare in foods. Ditto for **Special K** and **Cheerios**. You won’t find a full day’s worth in a cereal.

Trying to cover your bases? Ignore cereal vitamin claims and look for a good daily multivitamin-mineral pill. (Skip the gummies. See March 2020, p. 3.) 🚫



A heart on the box is no reason to buy a sugary cereal.

Cereality Check

Best Bites (✓✓) have:

- 1) grains that are all or nearly all whole (that is, the first two grain ingredients are whole grains or bran), and
- 2) no more than 5 grams (1 tsp.) of added sugar per serving for lighter cereals or 7 grams (1½ tsp.) for heavier cereals, granola, or muesli.

We disqualified cereals with more than 2 grams of saturated fat per serving, as well as ones sweetened with sucralose. Within each section, cereals are ranked from least to most added sugar, then most to least fiber and protein, then least to most calories.

	Calories	Added Sugar (tsp.)	Fiber (g)	Protein (g)
Lighter Cereal —all or nearly all whole grain				
Fiber One Original (⅔ cup) ⁵	90	0	18*	3
✓✓ Cheerios (1½ cups)	140	0	4	5
✓✓ Trader Joe’s Joe’s O’s (1¾ cups)	160	0	4	5
✓✓ Cascadian Farm Organic Purely O’s (1½ cups)	140	0	4	4
✓✓ Whole Foods 365 Organic Brown Rice Crisps (1 cup)	150	0	1	3
✓✓ Whole Foods 365 Organic Bran Flakes (1 cup)	130	0.5	7	5
✓✓ Nature’s Path Organic Crispy Rice (1 cup)	150	0.5	3	3
✓✓ Nature’s Path Organic Flax Plus Multigrain Flakes (1 cup)	150	1	7	5
✓✓ Nature’s Path Organic Heritage Flakes (1 cup)	160	1	7	5
✓✓ Nature’s Path Organic Millet Rice (1 cup)	160	1	4	5
✓✓ Wheaties (1 cup)	130	1	4	3
✓✓ Total (1 cup)	140	1	4	3
Post Bran Flakes (1 cup)	110	1.5	7	4
Whole Foods 365 Organic Wheat Waffles (1 cup)	140	1.5	5	4
Multi Grain Cheerios with Real Strawberries (1½ cups)	150	1.5	3	3
Nature’s Path Organic Smart Bran (¾ cup)	110	2	17*	4
All-Bran Original (⅔ cup)	120	2	12	5
Multi Grain Cheerios (1½ cups)	150	2	3	3
Chocolate Cheerios (1 cup)	140	2.5	3	3
Very Berry Cheerios (1 cup)	140	2.5	3	3
All-Bran Buds (½ cup)	110	3	17*	5
Trader Joe’s Organic High Fiber O’s (1 cup)	170	3	7	6
Honey Nut Cheerios (1 cup)	140	3	3	3
Apple Cinnamon Cheerios (1 cup)	150	3	3	3
Lighter Cereal —NOT all whole grain				
Catalina Crunch (½ cup) ¹	110	0	9*	11
Wonderworks (1 cup) ^{1,F}	150	0	4*	16
Magic Spoon (1 cup) ¹	150	0	1*	13
Trader Joe’s Almond Butter Puffs (1 cup)	200	1	2	6
Special K Original (1¼ cups)	150	1	1	7
Trader Joe’s Strawberry Yogurt O’s (¾ cup)	120	1	1	2
Kellogg’s Crispix (1½ cups)	150	1	0	3
Kellogg’s Rice Krispies (1½ cups)	150	1	0	3
Kashi Honey Toasted Organic Oat (1 cup)	150	1.5	5	4
Kashi Warm Cinnamon Organic Oat (1 cup)	150	1.5	5	4
Barbara’s Peanut Butter Puffins (1 cup)	160	2	2	3
Honey Bunches of Oats with Almonds (1 cup)	170	2	2	3
Special K Red Berries (1¼ cups)	140	2.5	3	3

	Calories	Added Sugar (tsp.)	Fiber (g)	Protein (g)
Special K Blueberry (1 cup)	150	2.5	3	3
Special K Vanilla & Almond (1 cup)	150	2.5	3	3
Special K Fruit & Yogurt (1 cup)	160	2.5	3	3
Honey Nut Chex (1 cup)	170	3	2	2

Heavier Cereal—all or nearly all whole grain

✓✓ Uncle Sam Original Wheat Berry Flakes (¾ cup)	220	0	10	8
✓✓ Post Original Shredded Wheat (1½ cups)	210	0	8	7
✓✓ Post Wheat 'n Bran Shredded Wheat (1½ cups)	210	0	8	7
✓✓ Whole Foods 365 Bite-Sized Wheat Squares (1¼ cups)	230	0	8	7
✓✓ Kashi Simply Raisin (30 biscuits)	190	0	7	7
✓✓ Post Big Biscuit Shredded Wheat (2 biscuits)	170	0	7	6
✓✓ Grape-Nuts (½ cup)	200	0	7	6
✓✓ Food for Life Ezekiel 4:9 Organic Sprouted Crunchy (½ cup) ¹	190	0	6	8
✓✓ Weetabix (3 biscuits)	180	0.5	6	5
✓✓ Clif Blueberry & Almond Butter (¾ cup)	240	1	8*	8
✓✓ Clif Apple Cinnamon & Almond Butter (¾ cup)	240	1	8*	7
✓✓ Clif Honey & Peanut Butter (¾ cup)	250	1	7*	8
✓✓ Great Grains Crunchy Pecan (¾ cup)	210	1	5	5
✓✓ Great Grains Raisins, Dates & Pecans (¾ cup)	200	1	4	4
✓✓ Nature's Path Organic Multigrain Oat Bran Flakes (1¼ cups)	220	1.5	10	6
✓✓ Nature's Path Organic Flax Plus Raisin Bran (1¼ cups)	210	1.5	9	6
✓✓ Clif Chocolate & Peanut Butter (¾ cup)	240	1.5	8*	8
✓✓ Wheat Chex (1 cup)	210	1.5	8	6
✓✓ Nature's Path Organic Flax Plus Pumpkin Raisin Crunch (1 cup)	230	1.5	8	6
✓✓ Kashi Organic Autumn Wheat (32 biscuits)	200	1.5	7	7
✓✓ Cascadian Farm Organic Raisin Bran (1¼ cups)	210	1.5	7	5
Kashi GO Coconut Almond Crunch (¾ cup) ^F	210	1.5	6*	10
✓✓ Nature's Path Organic Heritage O's (1 cup)	220	1.5	6	7
✓✓ Nature's Path Organic Heritage Crunch (¾ cup)	230	1.5	6*	6
KIND Honey Almond (⅔ cup) ^F	250	1.5	4	6
✓✓ KIND Apple Cinnamon (¾ cup)	220	1.5	4	5
Post Raisin Bran (1¼ cups)	190	2	9	5
Whole Foods 365 Raisin Bran (1 cup)	170	2	8	5
Kashi Organic Cinnamon Harvest (31 biscuits)	200	2	7	7
Kellogg's Raisin Bran (1 cup)	190	2	7	5
Kashi GO Chocolate Crunch (¾ cup)	210	2	6*	10
Kashi GO Peanut Butter Crunch (¾ cup)	220	2	6*	10
Quaker Oatmeal Squares (1 cup) ¹	210	2	5	6
Great Grains Banana Nut Crunch (1 cup)	230	2	5	6
Rx Strawberry (1⅓ cups)	250	2	4	11
KIND Cranberry Almond (⅔ cup)	230	2	4	6
KIND Dark Chocolate Almond (⅔ cup)	240	2	4	6
Kashi GO Crunch (¾ cup)	190	2.5	9*	9
Kashi GO Honey Almond Flax Crunch (¾ cup)	200	2.5	8*	9
Rx Chocolate Almond (1¼ cups)	270	2.5	4	12
KIND Protein (¾ cup) ¹	230	2.5	3	10
Whole Foods 365 Honey Almond Flax Protein & Fiber Crunch (¾ cup)	220	3	9*	10
Frosted Mini Wheats Original (25 biscuits)	210	3	6	5

Great Grains Cranberry Almond Crunch (1 cup)	210	3	4	5
Cracklin' Oat Bran (¾ cup) ^F	230	3.5	7	4
Cheerios Oat Crunch Cinnamon (1 cup)	220	3.5	3	4

Heavier Cereal—NOT all whole grain

Cascadian Farm Organic Vanilla Crisp (1¼ cups) ^F	270	0	5	5
Kashi GO Original (1¼ cups)	200	1.5	12	11
Special K Protein Honey Almond Ancient Grains (1⅓ cups)	220	2	6	15
Special K Protein Original Multi-Grain Touch of Cinnamon (1⅓ cups)	210	2	5	15
Cascadian Farm Organic Multi Grain Squares (1¼ cups)	260	2	5	6
Kellogg's Raisin Bran Toasted Oats & Honey (1 cup)	200	3	5	4
Kellogg's Raisin Bran Crunch (1 cup)	190	3	4	4
Special K Chocolatey Dipped Flakes with Almonds (1¼ cups)	240	4	4	5
Smart Start Original Antioxidants (1¼ cups)	240	4.5	3	5

Granola—all or nearly all whole grain

✓✓ Bear Naked Peanut Butter Crunch (¾ cup)	270	0	5	8
✓✓ Bear Naked Triple Berry (½ cup)	220	1	6	7
✓✓ Bear Naked V'Nilla Almond (½ cup)	210	1.5	5	6
✓✓ KIND Healthy Grains Dark Chocolate Clusters (⅔ cup)	240	1.5	4	10
✓✓ KIND Healthy Grains Raspberry (⅔ cup)	230	1.5	4	5
Special K Touch of Honey (½ cup)	190	2	5*	6
Whole Foods 365 Organic Fruit & Nut (½ cup)	270	2	5	6
Bear Naked Protein Honey Almond (½ cup)	280	2.5	5	11
Bear Naked Fruit & Nut (½ cup) ^F	270	2.5	5	6
KIND Healthy Grains Peanut Butter Clusters (⅔ cup)	260	2.5	4	10
KIND Healthy Grains Oats & Honey (⅔ cup)	250	2.5	4	5

Granola—NOT all whole grain

Cascadian Farm Organic Coconut Cashew (⅔ cup) ^F	330	0	4	5
Bear Naked Cacao & Cashew Butter (½ cup) ^F	250	2.5	3	5
Cascadian Farm Organic Fruit and Nut (⅔ cup)	280	3	4	6

Muesli—all or nearly all whole grain

✓✓ Bob's Red Mill Old Country Style (½ cup)	280	0	8	8
✓✓ Whole Foods 365 Fruit & Nut (½ cup)	250	0	8	7
✓✓ Alpen No Sugar Added (⅔ cup)	210	0	7	8
✓✓ Alpen Triple Berry No Sugar Added (¾ cup)	190	0	7	6
✓✓ Bob's Red Mill Fruit & Seed (½ cup)	260	0.5	6	8
✓✓ Bob's Red Mill Gluten Free (½ cup)	240	0.5	6	6
✓✓ Alpen Original (⅔ cup)	210	1	6	7

✓✓ Best Bite. ¹ Average of the entire line. * Includes added processed fiber. ^F Contains more than 2 grams of saturated fat. ⁵ Contains sucralose.

Protein Target: 85 grams. **Daily Values (DV): Saturated Fat:** 20 grams. **Fiber:** 28 grams. **Added Sugar:** 12 tsp. (50 grams).

Note: 1 tsp. added sugar is 4.2 grams. Added sugar is rounded to the nearest 0.5 tsp. (Cereals with "0" tsp. contain 0 or 1 gram of added sugar.)

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



FOOD FIND

Go with the Grain



It won't break the bank. It's at home in dozens of dishes. It packs far more fiber than brown rice...yet cooks in a fraction of the time.

Who knew that unassuming **bulgur** could do all that?

Fact is, when you want a break from rice or pasta, you can't do much better than nutty-tasting bulgur. Why?

■ **It's versatile.** Tabbouleh—a Middle Eastern bulgur salad

with parsley, mint, scallions, and tomato—is only the beginning. Say hello to your new go-to grain for pilafs, salads, grain bowls, and soups. It's also a great whole-grain sub for couscous.

Tired of oatmeal? Heat up some bulgur with cinnamon, apples or pears, and walnuts or pecans. Mmm.

■ **It's a timesaver.** Bulgur—dried cracked wheat that's been steamed or parboiled—is a breeze. Just add boiling water, cover, soak for 10 to 15 minutes, then drain. (That's for a "fine" or couscous-size grind; a coarser or "medium" grind like **Bob's Red Mill Red Bulgur** needs a simmer or a longer soak.)

■ **It's a superstar.** A serving of bulgur (about ¾ cup cooked) has roughly 5 grams of fiber, plus a decent dose of the vitamins and minerals you'd expect from a whole grain—magnesium, iron, zinc, and a bunch of B vitamins. Nice!

Don't feel like hunting down a recipe? Our Dish of the Month is a knock-your-socks-off place to start.

bobsredmill.com—(800) 349-2173

Photos: Bob's Red Mill Natural Foods (top left), Panera Bread (top right), Kate Sherwood/CSPI (bottom).



DISH of the month

Pistachio Citrus Bulgur

Whisk together the zest and juice of half a clementine and half a lemon with 1 Tbs. olive oil, 2 Tbs. minced red onion, and ¼ tsp. salt. Toss with 2 cups cooked bulgur and ¼ cup chopped pistachios.

FOOD FAIL



Bigger Mac

"Panera's latest craveable fall menu drop combines Panera's signature Mac & Cheese, layered with fontina and mozzarella cheeses, sprinkled with Parmesan crisps and sand-



wiched between slices of classic White Miche, toasted to perfection," said the September [press release](#) announcing Panera's new **Grilled Mac & Cheese Sandwich**.

Congrats! Who'd have guessed that a chain with a decent selection of salads would be among the first to serve a *pasta sandwich*?

We already eat too many refined carbs like white bread, pasta, rice, and flour tortillas. But combining two to create an entrée? Genius!

What's next—a fried rice sandwich?

Panera's Grilled Mac & Cheese has 860 calories. That dwarfs a Big Mac (550), and even tops a Burger King Whopper (660) or McDonald's Double Quarter Pounder with Cheese (740).

Not to be outdone, the Grilled Mac's saturated fat (24 grams) and sodium (1,650 mg) also beat all three burgers.

And that's without the Mac's side: a bag of chips, an apple, or—why not?—a 180-calorie white-flour baguette?

It's "the ultimate collaboration that our guests never knew they needed," said Panera's Head Chef and Chief Food Innovation Officer.

Needed like a hole in the head.

panerabread.com—(855) 372-6372

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