

Nutrition Action

MARCH 2020 \$2.50

HEALTH LETTER®

CENTER FOR SCIENCE IN THE PUBLIC INTEREST

MULTIPLE CHOICE

How to find the best multivitamin

SNACKS

The best &
the rest

Cosmetics,
Lotions, etc.
Are they safe?

Tempting
TEMPEH

M E M O

SAFER FARMS, SAFER FOOD



March 25th is the start of National Farmworker Awareness Week. It's a time to recognize that these essential workers play a critical role in nurturing crops and bringing them safely from field to fork.

It's also a time to think about the challenges faced by farmworkers, from poor working conditions to child or forced labor to discrimination and retaliation against those who speak up about problems.

Since 2015, *Nutrition Action's* publisher, the Center for Science in the Public Interest, has been proud to serve on the executive board of the [Equitable Food Initiative \(EFI\)](#), a program that certifies fruits and vegetables that have been grown on farms that meet high standards for keeping both food and farmworkers safe.

Most programs that certify food safety on farms rely on third-party audits that can only take a snapshot of conditions on the farm during a brief visit.

Here's how EFI is different:

■ **Safer food.** Farmworkers are often the first to spot problems that can make produce unsafe because they're in the fields every day.

For example, a worker may see that leftovers from workers' lunches are attracting wild birds that might carry *Salmonella* and other pathogens.

Another farmworker may notice that contaminated runoff from a nearby animal farm is flowing into the canals used to irrigate lettuce.

Yet another may recognize that break times aren't long enough to eat lunch or visit distant bathrooms, which may force

workers to cut corners on hygiene.

EFI trains and empowers workers to collaborate to identify problems and suggest solutions. That can lead to safer produce.

■ **Safer workplaces.** EFI goes beyond audits to ensure that the workplace is free from child labor, forced labor, discrimination, and retaliation.

For example, EFI has led the way in identifying key warning signs that farms can use to flag human trafficking and other corrupt practices by labor recruiters, because exploited workers are often afraid to speak up.

What can you do to help?

Buy EFI-certified produce. Look for the EFI label, which says "Responsibly Grown. Farmworker Assured." It shows up on select items at participating Costco and Whole Foods stores.

Every purchase of EFI-labeled produce generates a bonus, paid by the retailer,

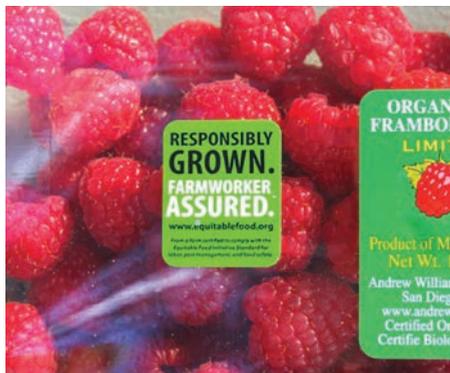
that goes directly to farmworkers. More than \$8.5 million in farmworker bonuses have been paid to workers in the last four years.

EFI's goal is to bring together produce growers, farmworkers, food retailers, and consumers to transform agriculture. Together, we can create farming environments that lead to a safer food supply chain, safer and more-dignified workplaces, and healthy, high-quality food for all.

So please vote with your wallet whenever you see the EFI label.

Thank you.

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



Look for the EFI label on fresh produce.

Michael F. Jacobson, PhD
Founder and Executive Editor (1974-2017)

EDITORIAL

Peter G. Lurie, MD, MPH
Executive Editor

Bonnie Liebman, MS
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Editor-in-Chief

Lindsay Moyer, MS, RD
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Nutrition Action Healthletter (ISSN 0885-7792) is published 10 times a year (monthly except bi-monthly in Jan./Feb. and Jul./Aug.) by the Center for Science in the Public Interest (CSPI), 1220 L Street NW, #300, Washington, DC 20005. Periodicals postage paid at Washington, DC and additional mailing offices.

POSTMASTER: Send address changes to *Nutrition Action Healthletter*, 1220 L St NW, Suite 300, Washington, DC 20005.

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Mail: CSPI, 1220 L Street NW, Suite 300, Washington, DC 20005
Phone: 1-866-293-CSPI (2774)
E-mail: customercare@nutritionaction.com
Online: myaccount.nutritionaction.com

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MULTIPLE CHOICE

How to find the best multivitamin

BY BONNIE LIEBMAN

“Feed your cells,” says Centrum. “Designed with your genetics in mind,” says Ritual. “The perfect women’s multi,” says Olly. “All clean, all the time,” says Sundown. “We’re so organic,” says VitaFusion.

Companies use any pitch that works to sell their multivitamins. But they dodge the \$64,000 question: Do you need one? The short answer: We don’t know.

The Physicians’ Health Study

When it comes to multivitamins, 2012 was a turning point. That’s when researchers reported the results of the Physicians’ Health Study II (PHS II), which had randomly assigned 14,641 male doctors aged 50 or older to take a typical multivitamin—Centrum Silver—or a placebo.¹

“After an average of about 11 years, men who were randomly assigned to take the daily multivitamin had a significant 8 percent reduction in total cancer,” says Howard Sesso, associate professor of medicine at Brigham and Women’s Hospital in Boston and co-author of the study, which was funded largely by the National Institutes of Health (NIH).

“We were both surprised and intrigued by the finding.”

The PHS II stood out because earlier studies were only designed to *observe* a lower—or higher—risk of disease in people who chose to take multivitamins

on their own. But something else about people who choose to take a multi might explain their risk.

The PHS II results hinted that a multi might help some men in particular.

“In the 1,312 men who came into the trial with a previous history of any type of cancer, those randomized to the multivitamin had a significant 27 percent reduction in subsequent cancer risk compared to those taking the placebo,” says Sesso.

And among men aged 70 and older, those who were randomized to the multi had an 18 percent lower risk, whether or not they had a history of cancer.

“We were encouraged by those two findings, but we have to be cautious when we look at smaller groups,” notes Sesso. That’s because those results could be due to chance.

The PHS II didn’t find a lower risk of any one type of cancer, not even the most

common type in men, non-aggressive prostate cancer.

“We’re still going through the data to see if there is evidence for aggressive forms of prostate cancer,” says Sesso.

And the number of cancers other than prostate was small. “Because prostate cancer comprised about 50 percent of the cancers, the study didn’t have strong statistical power to see a difference in other individual cancers,” explains Sesso.

The PHS II found no difference in heart attacks, strokes, memory, or other outcomes, with one exception.²

“There was a significant 9 percent reduction in cataracts in men taking the multivitamin versus placebo,” says Sesso.³

Put another way, roughly 80 men would have to take the multi for 11 years to prevent one of them from getting a cataract. That’s about the same number of men who would have to take the multi for 11 years to prevent one cancer.

But Sesso’s team is still uncertain about both cataracts and cancer.

“Because this was the only large-scale trial that had been done on multivitamins, and it was only done in middle-aged and older men, we were hesitant to assume that this was a real finding,” says Sesso.

That set the stage for COSMOS.

The COSMOS Study

The ongoing [COSMOS](#) (COcoa Supplement and Multivitamin Outcomes Study) randomly assigned 21,444 women and men to take Centrum Silver or a placebo every day for four years.

Participants are also taking either a placebo or cocoa extract containing 600 milligrams of cocoa flavanols a day—far more than you can get by eating dark chocolate (see Jan./Feb. 2015, p. 3).

The trial—which will look at cancer, heart disease, stroke, memory, and more—is funded by the scientific arm of the candymaker Mars and the NIH. Results are due in 2021.



One A Day ads imply that even a healthy diet leaves you tired and vitamin deficient.

Photo: iuismo/linero/stock.adobe.com (woman), Kaamilah Mitchell/CSPi (multivitamins).



What Your MULTI Should Contain

Why might the COSMOS researchers see a difference in cancer rates after four years, when the PHS II found just an 8 percent difference in rates after 11 years?

“If you look at the data from the Physicians’ Health Study II, a separation between the multi-vitamin and placebo groups emerged after about two to three years,” says Sesso.

“Also, we specifically recruited an older population for COSMOS; the men are aged 60 and up and the women are aged 65 and up. And more than 3,500 of the participants began the trial with a history of cancer.”

The Bottom Line

Until 2021, when the COSMOS results are in, it’s hard to know who should take a multi. But some groups, like older people, may have more reason to.

“As we age, we tend to eat fewer calories, so our intake of vitamins and minerals starts to go down,” says Sesso. “But they may not drop to levels that would cause a deficiency.”

And many older people can’t absorb the naturally occurring vitamin B-12 from foods because they have less stomach acid.

“Vitamin B-12 insufficiency does increase in prevalence in older populations,” says Sesso. That’s why anyone over 50 should take at least 2.4 micrograms a day from a supplement or fortified food, says the National Academy of Sciences.

If you do take a multi, Sesso suggests that you consult your doctor and offers these rules of thumb:

■ **Don’t get fancy.** “Stick with the tried and true brands or the major generic brands. Many designer formulations mix in herbals and botanicals, but there’s no evidence that they’re better.”

Vitamin A	700–1,050 mcg (2,300–3,500 IU)
Vitamin C	60–300 mg
Vitamin D	20–25 mcg (800–1,000 IU)
Vitamin E	13–35 mg (20–80 IU)
Vitamin K	20 mcg or more
Thiamin (B-1)	1.1 mg or more
Riboflavin (B-2)	1.1 mg or more
Niacin (B-3)	14–20 mg
Vitamin B-6	1.7–6 mg
Folate	
Premenopausal women	660-680 mcg DFE (400 mcg folic acid)
Everyone else	400-680 mcg DFE (235-400 mcg folic acid)
Vitamin B-12	2.4 mcg or more
Calcium	Don’t rely on a multi
Iron	
Premenopausal women	18 mg
Everyone else	No more than 8 mg
Iodine	150 mcg
Magnesium	40–350 mg
Zinc	8–24 mg
Selenium	18–55 mcg
Copper	0.5–2.2 mg
Chromium	25 mcg or more
Potassium	Don’t rely on a multi

Notes: “Or more” doesn’t mean that a nutrient is safe at any dose, but that levels in multivitamins are unlikely to be high enough to cause harm.

This list does not apply to prenatal multis for pregnant women. See your doctor.

■ **Think twice about gummies.** “Gummies tend to be more expensive because you need at least two a day. Only consider them if you cannot swallow pills.” (Gummies are also less complete: see “High Potency Marketing Ploys.”)

■ **Don’t fall for pricey “personalized” formulas.** “Some websites ask you a dozen or so health questions and give you personalized recommendations for vitamins, minerals, and herbals. But it is not necessarily based on solid scientific evidence.”

¹ [JAMA 308: 1871, 2012.](#)

² [JAMA 308: 1751, 2012.](#)

³ [Ophthalmology 121: 525, 2014.](#)

The Best Multis

Here’s a selection of multivitamin-and-mineral supplements from some major brands that meet our criteria, in alphabetical order.

As for the criteria: our minimums match the RDA or DV (see p. 6), when feasible, and our maximums are at levels that are typically found in major brands and are below amounts that may pose a risk. We disqualified multis with herbs or botanicals. No gummies met our criteria.

If your multi isn’t on the list, keep in mind that we didn’t look at every brand. You can check any label against our “What Your Multi Should Contain” list.

Premenopausal Women

(these multis have enough iron and folic acid)

Centrum Adults
 Centrum Women
 CVS Spectravite Adults
 CVS Spectravite Women
 CVS Women’s Daily
 Nature’s Bounty Daily Multi
 Nature Made Multi Complete Softgels
 Target Up & Up for Women Under 50
 Walgreens Adults
 Walgreens Women
 Walmart Equate Complete Adults

Men and Postmenopausal Women

(multis that contain iron are in red)

Centrum Silver Adults 50+
 Centrum Silver Men 50+
 Centrum Silver Women 50+
 CVS One Daily Women’s 50+ Advanced
 CVS Spectravite Adults 50+
 CVS Spectravite Men 50+
 CVS Spectravite Women 50+
 Nature Made Men’s Multi Softgels
 One A Day Men’s
 One A Day Women’s 50+ Healthy Advantage
 Target Up & Up Adults’ 50+
 Target Up & Up Women’s 50+
 Walgreens Adults 50+
 Walgreens Men 50+
 Walgreens Women 50+
 Walmart Equate Complete Adults 50+
 Walmart Equate Complete Men 50+
 Walmart Equate Complete Women 50+
 Walmart Equate One Daily Women’s 50+

— By Lindsay Moyer & Kaamilah Mitchell

High Potency Marketing Ploys



"Complete"? Nope.

"Complete multivitamin," says the VitaFusion Men's Powerful Multi gummies label.

We found no complete gummies. Some make the claim, though, because the term has never been defined. But gummies are notably short on many nutrients. Among them:

- **Iron and iodine.** Many premenopausal women get too little of both.
- **Other minerals.** Expect little or no copper, magnesium, selenium, or zinc.
- **Vitamins.** A and C often fall short. And K is often missing. (So are B-1, B-2, and B-3, but they're added to most flour, so we get plenty.)

What's more, some gummies have far higher doses—that's not good—than their labels claim, according to ConsumerLab.com.

Other undefined claims to ignore: "Active," "Advanced," "Beauty," "Metabolism," and "Vitality." "High Potency" means higher doses, but not because you need more.

The take-away: Don't assume that any multi is formulated to meet your needs. It's all about marketing—what looks good on the label, what fits, and what's hot.

Can't swallow pills? Centrum Adults or Silver Chewables are your best bets.



A Cure for Everything?

Multivitamins—Centrum isn't the only one—claim that their supplements can "support" nearly everything. Those claims are usually backed by weak evidence.



METABOLISM. "B-vitamins aid in the metabolism of fats, carbohydrates and proteins."

Sounds like B vitamins speed up your metabolism—that is, help you lose weight. They won't.



BRAIN HEALTH. "Zinc and B-vitamins help support normal brain function."

Vitamin B-12 deficiency can cause dementia. But taking extra B-12, other Bs, or zinc doesn't help keep you sharp.¹

¹ Cochrane Database Syst. Rev. 12: CD011906, 2018.



MUSCLE FUNCTION. "Vitamins D and B-6 help support muscle function."

Vitamin D didn't strengthen muscles in most good studies.¹ And there's no good evidence that B-6 helps muscles.

¹ Am. J. Clin. Nutr. 109: 369, 2019.



IMMUNITY. "Antioxidants to help support normal immune function."

In clinical trials on a total of roughly 2,220 people, multivitamin takers were just as likely to get sick—or stay sick for just as long—as placebo takers.¹⁻³

¹ J. Am. Geriatr. Soc. 55: 35, 2007.

² BMJ 331: 324, 2005.

³ JAMA 288: 715, 2002.



HEART HEALTH. "B-vitamins help promote heart health."

In a dozen good clinical trials, B vitamins didn't reduce the risk of heart attacks.¹

¹ Cochrane Database Syst. Rev. 8: CD006612, 2017.



EYE HEALTH. "Vitamins A, C, and E and Lutein support healthy eyes."

Those vitamins can slow macular degeneration if you already have an intermediate or advanced case (see May 2016, p. 9). And a multivitamin may lower the risk of cataracts (see p. 3). A new trial is in progress.



HEALTHY APPEARANCE. "Biotin, vitamins A, C and E help maintain healthy appearance."

Unless you're suffering from a rare, life-threatening nutrient deficiency like scurvy, there's no good evidence that a multi will help your skin or hair.



ENERGY. "B-vitamins and iron support daily energy needs."

B vitamins won't make you more energetic. Iron may fight fatigue only if you have low iron levels. Most people don't.



HOW TO Multivitamin

This made-up multivitamin label shows how much of each vitamin and mineral we should aim for every day (from foods and supplements combined), according to the new Daily Values (DVs) set by the Food and Drug Administration. The DVs are based on the Na-

VITAMIN A. Most multivitamins contain some mix of retinol (vitamin A) and beta-carotene (which our bodies convert to retinol). The DV dropped from 5,000 IU to 3,000 IU, but new labels list the new DV in micrograms (900 mcg). More than 10,000 IU (3,000 mcg) a day of retinol from supplements can cause birth defects if taken by pregnant women. High doses of beta-carotene (25,000 to 50,000 IU a day) raise the risk of lung cancer in smokers and, possibly, former smokers.

VITAMIN D. The DV doubled, from 400 IU to 800 IU (20 mcg). Our bodies make vitamin D from sunlight, and it's added to most milk, some breakfast cereals, and some yogurts. A large trial found that vitamin D doesn't prevent cancer, heart disease, or stroke. Results on memory, asthma, autoimmune disease, and more are expected soon. Taking more than 4,000 IU (100 mcg) a day may lead to dangerously high blood levels of calcium.

THIAMIN (B-1), RIBOFLAVIN (B-2), NIACIN (B-3), B-6. The DVs for these B vitamins dropped slightly. Way-above-the-DV doses are useless but probably safe. Exceptions: levels over 35 milligrams of niacin from supplements can cause flushing of the skin and more than 100 mg of B-6 can cause (reversible) nerve damage and skin lesions.

VITAMIN B-12. The DV dropped from 6 micrograms to 2.4 mcg. Adults over 50 should get most of their 2.4 mcg from a supplement or fortified foods because they may not make enough stomach acid to digest and absorb B-12 from meat, eggs, and dairy. People who take acid blockers or metformin or who eat no animal foods may also have low levels. A B-12 deficiency can cause irreversible nerve damage that can masquerade as dementia.

BIOTIN, PANTOTHENIC ACID. Superfluous. We get plenty from our food.

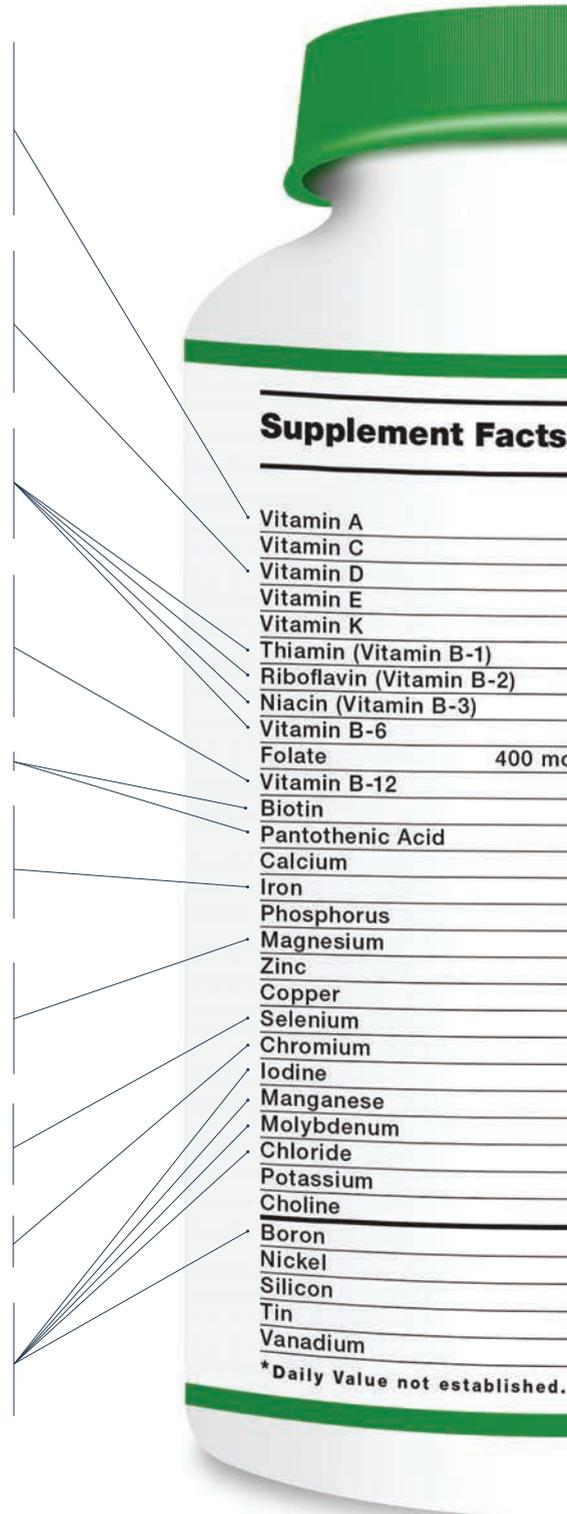
IRON. Premenopausal women, who lose iron through menstruation, should get the DV (18 milligrams). Men and postmenopausal women need only 8 mg. More isn't better, because there's no easy way to know if you have genes that lead your body to store excess iron (hemochromatosis), which may raise your risk of cirrhosis, liver cancer, or diabetes.

MAGNESIUM. The DV increased from 400 milligrams to 420 mg. About half of all Americans get too little, which may raise the risk of type 2 diabetes. Leafy greens, beans, whole grains, and nuts are the best sources. Few multis have more than 100 mg. Many have less. More than 350 mg from supplements (but not foods) can cause diarrhea and stomach cramps.

SELENIUM. The DV dropped from 70 micrograms to 55 mcg. Americans average about 100 mcg a day from their food. Whether selenium supplements increase the risk of type 2 diabetes and prostate cancer is still unclear, so stick to a multi with no more than about 55 mcg.

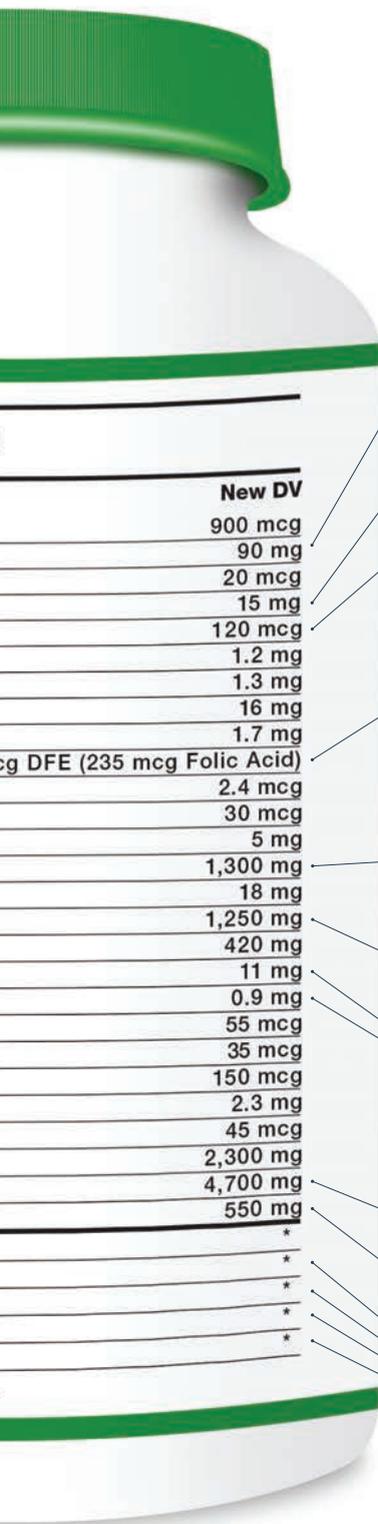
CHROMIUM. The DV dropped from 120 micrograms to 35 mcg. If you have type 2 diabetes, don't expect chromium to lower your blood sugar or boost your metabolism.

IODINE, MANGANESE, MOLYBDENUM, CHLORIDE, BORON. The Centers for Disease Control and Prevention warns that many women in their 20s and 30s may not be getting enough iodine, which the developing brain needs during pregnancy. Milk, yogurt, and seafood are good sources. We get plenty of the other four minerals from our food.



READ A Vitamin Label

tional Academy of Medicine's [Recommended Dietary Allowances](#) (RDAs), which vary slightly by age and sex. The [FDA](#) updated the DVs in 2016, but labels don't have to use the new DVs until July 2020 (or January 2021 for small companies).



VITAMIN C. The DV rose from 60 milligrams to 90 mg. Many Americans get too little vitamin C from their food. Smokers need 125 mg a day because smoking creates extra cell-damaging free radicals. Taking more than 1,000 mg a day may cause kidney stones in men, and more than 2,000 mg a day may cause diarrhea in men and women.

VITAMIN E. The DV dropped from 30 IU to 15 milligrams, which is equal to 22.4 IU. High doses of vitamin E may not be safe. In a large trial, men who took 400 IU a day for 5½ years had a 17 percent higher risk of prostate cancer. To play it safe, look for a multi with no more than 80 IU. Good food sources include nuts, oils, and leafy greens.

VITAMIN K. The DV jumped from 80 micrograms to 120 mcg. Most multivitamins have less because vitamin K can interfere with blood-thinning drugs like warfarin (Coumadin). If you're taking a blood thinner, check with your doctor about adjusting the dose before you start (or stop) taking a multivitamin with vitamin K. Leafy greens are the best food source.

FOLATE. The new DV is 400 micrograms DFE (Dietary Folate Equivalents), but supplements will also list the old units (micrograms, or mcg). The DFE accounts for our ability to absorb the *folic acid* that is added to supplements and fortified foods better than the *folate* that occurs naturally in foods. **CAUTION:** Women who could become pregnant should take a supplement with 400 mcg of folic acid (680 mcg DFE) to reduce the risk of birth defects like spina bifida, which can occur before a woman knows that she is pregnant. If a multi has 100% of the new DV, that's equal to 235 mcg of folic acid, so it's not enough.

CALCIUM. The DV rose from 1,000 milligrams to 1,300 mg. That's based on what children aged 9 to 18 need. Premenopausal women and men up to age 70 need 1,000 mg. Postmenopausal women and men over 70 need 1,200 mg. Many multivitamins have 200 to 300 mg (some have far less). That may be enough to get you to the DV, since each serving of milk, yogurt, cheese, or fortified foods has 150 to 300 mg, and most people get 250 mg from the rest of their diet. Taking a daily supplement with 1,000 mg or more may raise the risk of kidney stones. Getting 2,000 mg or more may raise the risk of prostate cancer.

PHOSPHORUS. The DV is 1,250 milligrams. Most people get plenty from meat, poultry, grains, dairy, and the phosphates and phosphoric acid in processed foods. Too much phosphorus may raise the risk of heart and kidney disease. Look for a multi with little or none.

ZINC, COPPER. The DV for zinc dropped from 15 milligrams to 11 mg, and the DV for copper dropped from 2 mg to 0.9 mg. Too much zinc (more than 40 mg from food and supplements combined) can make it harder to absorb copper.

POTASSIUM. The DV, which rose from 3,500 milligrams to 4,700 mg, is already outdated. The most up-to-date recommendations: 3,400 mg for men and 2,600 mg for women. Potassium can help lower blood pressure, but a typical multi has only 80 mg. Your best sources: fruits and vegetables. Orange, anyone?

CHOLINE. Pregnant women need 450 milligrams a day, but even prenatal supplements typically supply little or none.

NICKEL, SILICON, TIN, VANADIUM. It's not even certain that we need them. 🍌



Cover-Up

What's in your deodorant, lotion, makeup, & more?

BY CAITLIN DOW

"Consumers are often surprised to learn that most of the chemicals used in everyday cosmetics are not thoroughly tested for safety," says Robin Dodson, a scientist at Silent Spring Institute. "No one is minding the store."

"A 2004 survey estimated that women use about a dozen personal care products every day, which exposes them to more than 165 unique chemical ingredients," says Janet Nudelman, director of the Campaign for Safe Cosmetics, a program of the Breast Cancer Prevention Partners that works to eliminate exposure to toxic chemicals. "And that's probably an underestimate."

(Don't forget men: Sales of cosmetics for them are booming.)

"Cosmetics"—aka "personal care products"—are more than just makeup. They include shampoo, deodorant, lotion, perfume, nail polish, hair dye, and more.

Before a cosmetic comes to market, what hoops must it jump through?

"None whatsoever," says Nudelman.

The Food and Drug Administration is tasked with regulating the cosmetics industry, but thanks to a 1938 law, the agency's hands are essentially tied.

The European Union bans or limits cosmetic ingredients if a pre-market review shows that they may cause cancer or mutations or harm a fetus. Not so here.

"There is no required FDA pre-market safety testing or review on any of the personal care products that we use today," says Nudelman. In contrast, drugs require extensive safety testing.

"There are about two pages of federal law that exist to regulate the \$90 billion cosmetics industry," notes Nudelman.

"The FDA has no idea what constitutes the full universe of ingredients used in cosmetics or if they are safe."

Label Secrets

"The FDA requires that cosmetics be labeled with all intentionally added ingredients," explains Silent Spring Institute's Robin Dodson. (The nonprofit group studies how chemicals in the environment affect women's health.)

"But we've found that some ingredient lists are incomplete. For example, phthalates are almost never listed."¹

Phthalates (THAL-ates) are a family of chemicals primarily used to make plastics more flexible, though they are also used in nail polish, hairspray, and fragrances in cosmetics.

Studies suggest that some phthalates are hormone disruptors.² ("Disrupt" means that a chemical can turn on, turn off, or change the signals sent by hormones like estrogen, testosterone, thyroid hormone, and insulin.)

Virtually all Americans have phthalates in their bodies—not just from cosmetics but from food, food packag-



Avoid baby powder.

awarded \$4.69 billion to 22 women who claimed that asbestos in Johnson & Johnson's baby powder caused their ovarian cancer. J&J has appealed, insisting that its powder is safe.

"If women use baby powder on their genitals, it's possible that the powder could make its way up the reproductive tract to the ovaries and cause cancer," explains Katie O'Brien of the National Institute of Environmental Health Sciences. That means *any* powder, not just powder containing talc.

"No parabens, phthalates or dyes," says the Johnson's Baby Powder label. But what about other ingredients, including asbestos, a carcinogen that is often found in the same location as talc?

In July 2018, a jury

Baby Powder & Ovarian Cancer

"We pooled data from four studies that included nearly 253,000 women who were followed for an average of 11 years," says O'Brien.¹ The researchers found no clear link between genital powder use and ovarian cancer in the entire group.

"But there may be an increased risk among women who have an intact reproductive tract," notes O'Brien.

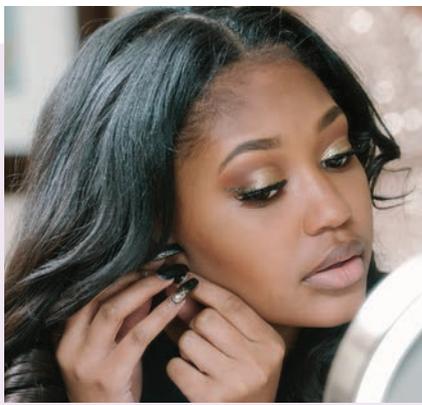
In the roughly 158,000 women in the study who had not had a hysterectomy or had their fallopian tubes tied, the risk for ovarian cancer was 13 percent higher in powder users than in non-powder users. (The powder wouldn't reach the ovaries of women with no uterus or with their tubes tied.)

Those results don't prove that baby powder causes cancer. "And if the risk is real," says O'Brien, "it's small."

But why take *any* risk?

Bottom Line: To play it safe, don't use baby powder.

¹ [JAMA 323: 49, 2020.](#)



Hair dyes and relaxers may raise breast cancer risk.

Women of color use more beauty products than white women.¹ And some contain harmful chemicals. For example, some skin-lightening creams may contain mercury, which can damage the nervous system and kidneys.

“Our study found dozens of hormone

Women of Color at Risk

disruptors, including some that have been banned in the EU, in many hair products used by black women,” says Silent Spring Institute’s Robin Dodson.²

One study followed 46,709 women for eight years.³ Compared to black women who didn’t dye their hair, “breast cancer risk was 60 percent higher for those who used permanent dyes every 5 to 8 weeks,” says co-author Alexandra White of the National Institute of Environmental Health Sciences.

Semi-permanent dyes weren’t linked to cancer risk. And neither permanent nor semi-permanent dyes were linked to breast cancer risk in white women.

“The type or application of dye may be different for black compared to white

women,” suggests White.

Women who used hair relaxers every 5 to 8 weeks had a 30 percent higher risk of breast cancer than those who never used them, regardless of race (though 74 percent of black women—but only 3 percent of white women—used relaxers).

That said, the study can’t prove cause and effect because something else about women who dye or relax their hair may explain their higher risks.

“More research is needed before we can say that the findings are conclusive,” says White.

Bottom Line: Permanent dyes may raise breast cancer risk in black women. Hair relaxers (straighteners) may pose a risk for all women.

¹ *Am. J. Obstet. Gynecol.* 217: 418.e1, 2017. ² *Environ. Res.* 165: 448, 2018. ³ *Int. J. Cancer* 2019. doi:10.1002/ijc.32738.

ing, household dust, shower liners, and more.³ In some studies, higher phthalate levels in urine have been linked to problems like lower sperm count in men and lower success rates in women undergoing in-vitro fertilization.^{4,5}

So why are phthalates often missing from the label? Ingredients used to make fragrances and flavors don’t have to be labeled, Nudelman explains. “That one word—‘fragrance’ or ‘flavor’—on a product label can hide dozens of chemicals, some of which are linked to cancer, hormone disruption, asthma, et cetera.”

Why do fragrances and flavors get a pass? “They’re protected as trade secrets. It’s a big black box of secrecy.”

A Toothless FDA

If a cosmetic is unsafe, what can the FDA do about it?

“The FDA has no mandatory recall authority,” Nudelman explains. The agency can only *ask* a company to voluntarily recall a cosmetic, and that’s only if it’s adulterated or misbranded.

What’s more, she adds, “companies aren’t required to tell the FDA if they’re receiving complaints from their customers.”

Take WEN. As of November 2016, the FDA had logged nearly 1,400 adverse reaction reports from consumers about WEN Cleansing Conditioners. The

complaints included hair loss, balding, itching, and rashes.

When the FDA inspected WEN’s manufacturing facilities, it discovered that Chaz Dean (WEN’s parent company) had received 21,000 similar complaints.

(In 2016, Chaz Dean settled a class action lawsuit for \$26.3 million, though the company insisted that the conditioners—which are still being sold—are safe.)

Unsafe at Low Levels?

Are the levels of chemicals in personal care products too low to be harmful? After all, as toxicologists often argue, “the dose makes the poison.”

Sunless Tanning

Can tanning lotions give you a bronze glow without boosting your risk of skin cancer and wrinkles?

The active ingredient in most sunless tanners is dihydroxyacetone (DHA). It makes you look tanned by reacting with amino acids in your skin.

The European Union considers DHA safe, based on studies (mostly in animals) that considered DHA’s ability to be absorbed through the skin or cause



Safer than the sun.

skin irritation, toxicity to the reproductive system, cancer, and more.¹

But sunless tanners won’t protect your skin from the sun’s harmful rays, so wear sunscreen if you use them. And avoid getting them in your mouth, eyes, or any other area covered by a mucous membrane. (The risks of possible DHA absorption through mucous membranes aren’t known.)

Bottom Line: Sunless tanners are a safer bet than sunbathing or tanning salons.

¹ ec.europa.eu/health/scientific_committees/consumer_safety/docs/sccs_o_048.pdf.

Do Antiperspirants Cause Cancer?

“You wouldn’t swallow a spoonful of toxic cosmetic ingredients,” wrote Time.com in 2016. “But in some ways, smearing them under your arms in the form of deodorant or antiperspirant may be worse.”

Included in the list of Time’s toxic ingredients: parabens, aluminum, and fragrances.

“Parabens—a family of chemicals that act as preservatives—and fragrances can disrupt hormones that are linked to breast cancer,” says Silent Spring Institute’s Robin Dodson.

Although parabens are not commonly used in antiperspirants and deodorants anymore, they are still used in

some shampoos, conditioners, lotions, makeup, and other products.

Aluminum—the active ingredient in antiperspirants—temporarily plugs sweat ducts to reduce sweating. Deodorants have no aluminum, which is fine if you’re worried about odor, not sweat. (Tip: Ordinary baking soda also neutralizes underarm odor.)

But the evidence on cancer is weak. In the two largest studies, on a total of roughly 2,000 women, those who reported using antiperspirants (or



There’s no good evidence that antiperspirants are harmful, but brands like Native push natural ingredients.

deodorants) up to once a day had no higher risk of breast cancer than those who said they never used them.^{1,2}

Bottom Line: There’s no strong evidence that antiperspirants cause cancer (or Alzheimer’s). Want to avoid potential hormone disruptors? Go fragrance-free.

¹ *J. Natl. Cancer Inst.* 94: 1578, 2002. ² *EBioMedicine* 21: 79, 2017.

Dodson and others don’t buy it.

“That mantra doesn’t hold true when we’re talking about hormone disruptors,” she says. “Many hormone disruptors are active at very low levels.”

What’s more, “exposures can add up. Let’s say you use multiple products that contain chemicals that all act like estrogen. The effect may be larger than if you were to use only one product.”

For example, “when pregnant animals are exposed to a mixture of testosterone-disrupting phthalates, the effects are cumulative, meaning they work together to disrupt the development of the fetus.”⁴

Go Natural?

The FDA has received no adverse reaction reports about most cosmetics, and most ingredients are likely safe. But with labels that can hide ingredients and laws that don’t require safety data, people are justifiably wary.

“Consumers are demanding safe products that they can trust,” says Nudelman. In response, a “clean cosmetics” trend has taken off.

But don’t get swept away by claims like “clean,” “gentle,” or “natural.” Com-

panies get to decide what they mean. Think a “hypoallergenic” lotion will be gentle on your skin? “There

are no federal standards or definitions that

govern the use of the term ‘hypo-

allergenic,’” says the FDA.

“The term means whatever a particular company wants it to mean.”

“This greenwashing can be confusing for consumers,” says Dodson. For example, there are no guarantees that “natural” ingredients are safer than those made in a lab.

Take essential oils, which are often seen as a natural alternative to synthetic fragrances.

Some may be hormone disruptors.² Others can cause allergic reactions (see Apr. 2019, p. 9).

What To Do

“We cannot place the burden of selecting safer products completely on the consumer,” says Dodson. “We need to address the lack of regulations.”

Fortunately, change may be coming. “Three big bills are being considered by Congress,” says Nudelman. They



CVS and others have banned parabens and phthalates from their store-brand products.

could give the FDA more authority to review the safety of cosmetics and recall unsafe products.

Until the law changes, these tips will help you navigate the cosmetics aisle:

■ **Shop smart.** CVS, Walgreens, and Sephora have banned or promised to ban most parabens, phthalates, and chemicals that release formaldehyde (a carcinogen) from their store-brand products. The same goes for all “Premium” body care products currently sold at Whole Foods. And Target is working on getting those chemicals out of all of the products it sells.

■ **Beware of imports.** Due to limited resources, the FDA says that it inspects less than 1 percent of imported personal care products. (The low inspection rates are not unique to cosmetics.) The agency has flagged some for bacterial and heavy metal contamination, as well as high levels of mercury in skin-lightening creams.

■ **Watch out for fragrances.** Avoid cosmetics that say “fragrance” or “parfum” in the ingredients list. And if a scented product doesn’t list fragrance or parfum, make sure it contains no phthalates. 🍊

¹ *Environ. Health Perspect.* 120: 935, 2012.

² *Endocr. Rev.* 36: E1, 2015.

³ *Environ. Health Perspect.* 122: 235, 2014.

⁴ *Hum. Reprod.* 30: 2645, 2015.

⁵ *Environ. Health Perspect.* 124: 831, 2016.

⁶ *Toxicol. Sci.* 105: 153, 2008.

⁷ *N. Engl. J. Med.* 356: 479, 2007.

Quick Studies

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

Weight Loss & Breast Cancer Risk



Losing excess weight may cut the risk of postmenopausal breast cancer.

Researchers tracked roughly 125,000 women aged 50 or older who did not take postmenopausal hormones.

Compared to those whose weight was stable over 10 years, the risk of breast cancer was 18 percent lower in those who lost and kept off 4 to 9.9 pounds, 25 percent lower in those who lost and kept off 10 to 19.9 pounds, and 32 percent lower in those who lost and kept off at least 20 pounds.

Also encouraging: women who lost at least 20 pounds but regained some weight still had a lower risk than women whose weight was stable.

Although the scientists took many other factors into account, it's possible that something else about the weight losers explains their lower risk.

What to do: Aim for a healthy weight.

[J. Natl. Cancer Inst. 2019. doi:10.1093/jnci/djz226.](https://doi.org/10.1093/jnci/djz226)

An Apple (or Two) a Day?

Could two apples a day trim cholesterol? Scientists had 40 people with mildly elevated cholesterol consume two apples or an apple juice drink (with enough added sugar to match the natural sugar in the two apples) every day for eight weeks each. LDL (“bad”) cholesterol was 7 points lower on the apples, but no lower on the apple juice.



What to do: More studies are needed. In the meantime, enjoy apples.

[Am. J. Clin. Nutr. 2019. doi:10.1093/ajcn/nqz282.](https://doi.org/10.1093/ajcn/nqz282)



Can a Healthy Diet Slow Arthritis?

A healthy diet may slow the progression of knee arthritis.

Researchers followed 2,757 people with mild to moderate osteoarthritis in at least one knee. After an average of four years, those who reported eating a “prudent” dietary pattern—that is, a diet rich in fruits, vegetables, fish, whole grains, and beans—had a lower risk

of worsening arthritis, as measured by X-rays and by reported pain, stiffness, and disability scores.

But although researchers took other factors into account, it's still possible that something else explains why arthritis progressed less in healthy eaters.

What to do: Aim for a healthy diet. Even if it doesn't slow your arthritis, it can lower your risk of heart disease, stroke, type 2 diabetes, and some cancers. 🍏

[Am. J. Clin. Nutr. 2020. doi:10.1093/ajcn/nqz333.](https://doi.org/10.1093/ajcn/nqz333)

Vitamin D & Bone



Extra vitamin D won't protect your bones. The VITAL trial randomly assigned roughly 770 adults to take vitamin D (2,000 IU a day) or a placebo. (About 80 percent of them started with adequate vitamin D levels.) After two years, vitamin D takers had no higher bone density—and no less bone loss—in the spine, hip, or whole body than placebo takers.

Among people who entered the study with lower blood levels of free (unbound) vitamin D, vitamin D takers had a slight increase in spine bone, and less loss in hip bone, than placebo takers. (Most blood tests measure *total*, not free, vitamin D.) But those findings could be due to chance, so they need further study.

What to do: Aim for recommended intakes of vitamin D (600 IU a day up to age 70 and 800 IU a day over 70), and no more. Fortified foods typically have only 40 to 100 IU per serving, so most people need a daily multivitamin or vitamin D supplement to reach 600 or 800 IU.

[J. Bone Miner. Res. 2020. doi:10.1002/jbmr.3958.](https://doi.org/10.1002/jbmr.3958)

The Healthy Cook

Tempeh Topper



Tempeh is a dense cake made of fermented cooked soybeans. Crumble some, toss in a few punchy ingredients, and crisp it all up in a hot pan. It's so nutty and satisfying, who needs croutons? 🍳

Kale & Tempeh Salad

 SERVES 2

- 2 Tbs. extra-virgin olive oil
- 2 Tbs. grated parmesan
- 1 clove garlic, finely minced
- ½ tsp. fresh thyme leaves
- ⅛ tsp. + ¼ tsp. kosher salt
- 8 oz. tempeh, crumbled
- 2 Tbs. mayonnaise
- 1 Tbs. tahini
- 1½ Tbs. fresh lemon juice
- ½ tsp. dijon mustard
- 4 cups shredded kale and/or green cabbage
- 2 cups cubed butternut squash
- Freshly ground black pepper, to taste

1. In a large bowl, whisk together the oil, parmesan, garlic, thyme, and ⅛ tsp. salt. Toss with the tempeh. Sauté in a large non-stick pan over medium-high heat until golden brown, 3-5 minutes.
2. In the same bowl (no need to clean it), whisk together the mayonnaise, tahini, lemon juice, and mustard. Toss well with the kale and/or cabbage. Add the tempeh, scraping the pan clean with a silicone spatula.
3. Return the pan to the stove. Add the squash and ¼ cup of water, and simmer until tender, adding more water as needed, 5-7 minutes. Drain if needed. Add the squash to the salad. Season with the remaining ¼ tsp. salt and the pepper. Toss well.

PER SERVING (3½ cups): calories 560 | total fat 36 g | sat fat 6 g | carbs 39 g | fiber 15 g | total sugar 4 g added sugar 0 g | protein 28 g | sodium 610 mg

Want more recipes?

Go to
nutritionaction.com/tempeh

for

BBQ Tempeh Bowl
Sweet & Sour Tempeh Wraps

Need cooking advice?

Write to Chef Kate at
healthycook@cspinet.org



SNACK ATTACK

HOW TO GRAB A GOOD ONE

BY LINDSAY MOYER

Have we mentioned that nothing beats fresh fruit or vegetables for a healthy snack? But plenty of packaged snacks that promise “real” veggies offer little of them. And companies are still using fruit, protein, beans, and whole-grain claims to catch your eye. Here are six snacks that only *look* healthy...plus eight that really are.

The information for this article was compiled by Kaamilah Mitchell.

SNACKS THAT *LOOK* GOOD FOR YOU

Starch Stalks

“Food should be tasty & nutritious,” says **Real Food From the Ground Up Sea Salt Cauliflower Stalks**. “Made with real veggies.”

From cauliflower “rice” to cauliflower pizza crust, most cauli-fied versions of starchy foods do have fewer refined carbs than the originals.

But an ounce of Cauliflower Stalks has about as many calories and carbs as an ounce of Funyuns, which are made of cornmeal. Ditto for fiber and protein.

How can that be? The “cauliflower”

stalks have more cassava (a starchy tuber) and oil than cauliflower. They also have more salt than “vegetable blend” (spinach, broccoli, carrots, tomatoes, beets, and shiitakes).

That’s “real food”?

TIP: “Made with” often means “made with very little.”



Morning Cookie

“belVita Soft Filled Soft Baked Biscuits are a tasty, nutritious combination of wholesome baked grains, paired with a flavorful filling to provide a delicious morning snack,” says the box.

Nutritious? Wholesome? The FDA has never defined those claims, so they mean pretty much whatever the company decides.

Yes, each 50-gram cookie has “9g whole grain,” but the first ingredient is “wheat flour” (code for white flour). And more sugar than “strawberry puree concentrate” in the filling means 10 grams of added sugar (a fifth of a day’s worth). So much for “nutritious.”

TIP: The perfect morning snack? A piece of fruit.



Bacon Bar?

“Unleash your inner animal with a bar designed as nature intended!” urges the **Bison Uncured Bacon + Cranberry Bar**, which is made by **EPIC**, a start-up that General Mills bought in 2016.

It’s 130 calories’ worth of dried bison, cranberries sweetened with apple juice concentrate (aka added sugar), and bacon that’s “uncured”...that is, except for the nitrates and nitrites in its “celery powder and sea salt” (see October 2016, p. 3).



It doesn’t matter where those nitrates and nitrites come from. It’s still a slab of salty processed meat. The Bison bar has 320 milligrams of sodium, but others like the **Uncured Bacon Pork + Maple** or **Venison Sea Salt + Pepper** hit roughly 600 to 800 mg—a quarter to a

third of a day’s worth.

TIP: Try an **EPIC Performance Bar**, **RXBAR**, or **Lärabar Protein**. All use egg white or pea protein, dried fruit, and nuts.





Puffpeas

“Changing snacking for the better, one chickpea at a time,” says Hippeas about its vegan **Nacho Vibes Organic Chickpea Puffs**. “Kick back and take it easy ‘cuz these are nacho average puffs.”

The front of the bag features an image of a whole chickpea. On the inside? Hippeas blends chickpea flour with nutrient-poor rice flour and tapioca starch, tosses in “pea hull fiber,” then puffs everything into a Cheetos-like shape.

That’s sure nacho average chickpea.

TIP: Trying to eat more beans? You’re better off with whole legumes than puffed bean-plus-rice flour that’s easy to eat because it dissolves quickly in your mouth. A steady diet of ultraprocessed foods that boost your eating speed may lead to weight gain over time (see July/August 2019, p. 3).

Playing Chicken

“We ditched the potato and replaced it with real chicken,” says Wilde Brand about its **Thin & Crispy Himalayan Pink Salt Chicken Chips**.

So the chips are just...chicken? Nope.

Each 1 oz. serving has enough tapioca flour to add 10 grams of carbs. That’s not much less than the same-size serving of Lay’s potato chips (15 grams of carbs, and no more calories). What’s more, all that flour crowds out some chicken. A serving of chicken chips has 170 calories and 7 grams of protein; 170 calories’ worth of real chicken breast has 34 grams of protein.

TIP: Looking for more protein? Starch-heavy chips aren’t the answer.



Off the Veggie Path

“Hungry for a new adventure?” asks Off the Eaten Path **Veggie Crisps**. “Try veggie crisps—deliciously different from chips. You’ll discover a tasty new take on real veggies!”

Yet Frito-Lay adds more rice flour and oil than green peas, yellow peas, or black

beans. A “new take”? Hardly. Companies have used a touch of veggies to give their chips a health halo for years.

TIP: Want a snack that’s more nutrient-dense—and less calorie-dense—than chips? Pick up a real veggie, not a crisp, stalk, or puff. (See “A Cut Above.”)

Photos: Green Pack Snacks, Inc. (Hippeas), pinkyone/stock.adobe.com (vegetables), Cedar’s Mediterranean Foods, Inc. (tzatziki), Kaamilah Mitchell/CSP (all others).

SNACKS THAT ARE GOOD FOR YOU

A Cut Above

You can’t beat sliced raw vegetables.

For starters, there’s that satisfying crunch.

As for calories, crudité’s like bell pepper strips, baby carrots, mini tomatoes, cauliflower florets, and sliced cucumbers hit the sweet spot: just 20 to 50 per cup.

That leaves plenty of room for a few spoonfuls of tzatziki, hummus, etc. (See “Take A Dip.”)

Mmm...



Take A Dip

Don’t get us wrong. We love snacking on raw veggies dipped in classic, garlic, or red pepper hummus.

But if you want to branch out, try tzatziki.

The cucumber-garlic-dill dip is cool, creamy, herby, and made from yogurt. And since it’s got roughly half the calories of hummus, you can feel free to double dip.

A good bet: **Cedar’s Cucumber Garlic Dill Tzatziki**, which has 35 calories in two level tablespoons. **Cava**, **Whole Foods**, and **Trader Joe’s** tzatzikis are similar.

Bonus: A dollop of tzatziki can jazz up lentils, chicken, white fish, falafel, or brown rice.



Going Nuts



Nuts pack healthy fats plus nutrients like magnesium, zinc, and vitamin E into one tempting plant-based bite.

It's just awfully easy to lose track of how many bites

you've taken. (Expect about 100 calories in 14 almonds.)

Solution: Pre-portion your nuts into reusable containers or buy single-serve pouches. **Emerald's** scrumptious **Cocoa Roast Almonds** are lightly dusted with cocoa and stevia and have a mere 1 gram of added sugar per pouch.

Thin Win

A go-to 100% whole-grain cracker: **Triscuits**. They're mostly shredded wheat plus a touch of oil and salt.

If only it took more than 6 crackers to snack your way through a (120-calorie) serving. Oh wait. It can!

How do 14 **Triscuit Thin Crisps** sound? Or 26 petite **Triscuit Minis**?

The thins are perfect for topping. Try sliced cucumber or tomato atop a schmear of hummus or labneh (tangy yogurt cheese).



Skyr Up

Plain Fage Total 0% Milkfat Greek Yogurt is a creamy, near-perfect snack. Each 6 oz. container has no added sugar and 18 grams of protein for just 90 calories. It's a tangy match for fresh fruits like blueberries or strawberries.

Want more sweetness? That's where **Icelandic Provisions** comes in. Each 5.3 oz. tub of the company's **Traditional Skyr** comes in Nordic flavors like **Blueberry Bilberry** and **Strawberry Lingonberry**, with all the velvety texture and high protein (15 grams) of greek yogurt. What's more, none top 6 or 7 grams of added sugar (and 130 to 150 calories).

Three other flavored yogurts that also keep the added sugar in check: **Siggi's 0%** or **2% Icelandic Skyr** and **Chobani Less Sugar Greek Yogurt**.



Better Beans

The Good Bean Sea Salt Crispy Favas + Peas beats bean puffs, hands down. They're roasted whole beans and peas (plus oil and salt), not bean flour diluted with refined flours and starches.

Other good whole-bean snacks: **Biena** (chickpeas), **Enlightened** ("broad beans," aka favas), and **David Energy-Packed Mix** (chickpeas, lentils, pumpkin seeds, and sunflower seeds).

Just skip the honey or chocolate chickpeas from Biena and The Good Bean. Who needs sugar-coated beans?

Can't Beet 'Em

Fresh veggies have fewer calories per bite than dried. But if you're looking for chips, try **Rhythm Organic Sea Salt Beet Chips**. They're "dried not fried," so they taste like, well, beets.

Each 1½ oz. bag packs enough sliced beets (the main ingredient, plus salt and a little oil) to deliver a quarter of a day's fiber and about 15 percent of a day's potassium, all for only 160 calories. Sweet!



Oil Change

Popcorn has plenty of pluses. It's whole grain and high volume, so you can put away a few cups' worth for just 100 to 200 calories.

Microwave popcorn's problem: palm oil. Big brands



like Pop Secret use the saturated-fat-rich oil because it stays solid on supermarket shelves.

But **Quinn Microwave Popcorn** comes with packets of liquid oil (and seasoning) to toss in after popping. So palm oil is out and healthier, largely unsaturated sunflower oil is in.

"Microwave popcorn reimaged"? Quinn ain't kiddin'. 🌻



FOOD FIND

Tempting Tempeh



Diets that are heavy on plants—and skimpy on meat—are lighter on the planet.

That’s why restaurants are scrambling to add plant-based versions of beef, pork, and chicken to their menus.

If you’re also in more-plants mode but are searching for a change of pace—something to jazz up your tofu, beans, and veggie meat rotation at home—say hello to **tempeh**.

Like tofu, tempeh (TEM-pay) is soy. But tofu, which is softer and milder, starts with soymilk. Tempeh starts with cultured whole cooked soybeans (and sometimes grains),

which bind together and firm up as they ferment. The result is nutty, hearty, and pleasantly chewy.

Brands like **Lightlife** and **Tofurky** are easy to find.

Try crumbling some to make ground “meat” or “croutons” (see p. 12). Tempeh tacos or bolognese, anyone?

Or cube or slice some into thin strips or triangles, then marinate and sauté until golden brown. Mmm.

The payoff: A 3 oz. serving of **Lightlife Organic Original Tempeh** (it’s made with added brown rice, which means a crispier sauté) delivers 18 grams of protein and 6 grams of fiber for just 160 calories.

And since we’re talking soy, expect a decent dose of magnesium, potassium, B vitamins, iron, and healthy fat.

“Meet tofu’s weird-but-cool cousin,” says Tofurky’s website.

Welcome to the family!

lightlife.com—(800) 769-3279

tofurky.com—(800) 508-8100

Photos: Lightlife (left), Kaamilah Mitchell/CSPI (right), Kate Sherwood/CSPI (middle).



DISH of the month

Spring Salad

Cut up and toss ½ lb. snap peas, 1 cup cucumbers, ¼ cup radishes, ¼ cup feta, and a few dill and mint leaves. Dress with 1 Tbs. olive oil, 1 tsp. red wine vinegar, a pinch of salt, and black pepper. Serves 4.

FOOD FAIL



Cereasily?

“The snack cake golden child is now a cereal!” gushes **Post Hostess Twinkies Cereal**. “The creamy, cakey, golden goodness that has enchanted the masses for generations is now making its debut on your breakfast table.”

“Try a bowl, and it’s guaranteed to brighten your day. One sweet bite at a time!”

Sweet, indeed.

Who *wouldn’t* want to start their morning with a bowlful of mostly dextrose, sugar, corn flour, and hydrogenated coconut and palm kernel oils, all gussied up with yellow dye and artificial flavors. And how better to brighten your day than with a cereal that’s 40 percent sugar.

Each one-cup serving has 180 calories, 4 teaspoons of

added sugar, and 6 grams of saturated fat (nearly a third of a day’s worth, thanks to the coconut and palm kernel oils). That sure beats the 2 grams of sat fat you’d get in a 130-calorie Twinkie.

Lucky for Americans young and old, junk food “cereals” are a hot new trend.

There’s also **Post Hostess Honey Bun** and **Donettes** cereals, along with **Oreo O’s**, **Sour Patch Kids**, and **Nutter Butter** cereals. And General Mills is launching **Hershey’s Kisses**, **Reese’s Big Puffs**, and **Jolly Rancher** cereals.

“The new Post Hostess Twinkies Cereal,” boasted the company’s press release, gives “fans another opportunity to satisfy their cravings.”

And another, and another, and another...

posthostesscereal.com—(800) 431-7678



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