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CENTER FOR SCIENCE IN THE PUBLIC INTEREST



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STEP IT UP

Why—and how—to get moving



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ALZHEIMER'S
DRUG?**

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M E M O

Alzheimer's Drug Debacle



In June, the [FDA](#) approved the drug aducanumab (Aduhelm) to treat Alzheimer's disease.

Roughly six million Americans have Alzheimer's, and drugs typically delay cognitive decline by only a few months, so

a new medication is certainly welcome.

As long as it works, that is.

In March 2019, Aduhelm's prospects weren't too bright.

A group of independent scientists had examined the data from two nearly identical clinical trials that were then underway. Their conclusion: Aduhelm was so unlikely to slow the early stages of Alzheimer's that

both trials should be stopped. They were.

But seven months later, after Biogen (the drug's manufacturer) said that it had analyzed additional data, the company claimed that the group receiving a high dose of Aduhelm in one of the trials had actually improved.

Last November, the FDA convened an external expert advisory committee to examine the evidence. In effect, the FDA's analysis (which was prepared jointly with Biogen!) gave credence to the favorable study's results and downplayed the unfavorable study's results.

But the FDA's own statistician demurred. "The totality of the data does not seem to provide sufficient evidence to support the efficacy of the high dose," he noted. And, as his presentation showed, even in the favorable study the drug slowed cognitive decline by a mere 0.4 points on an 18-point scale.

The advisory committee voted 10 to 0 (with one "uncertain") against approving Aduhelm. That should have been game, set, and match, since the FDA doesn't typically

reverse its advisory committees' decisions.

Instead, the FDA approved the drug, citing evidence that it reduces the amyloid plaques that are often seen in Alzheimer's...despite the fact that other drugs that reduce amyloid plaques have had no effect on symptoms. Three advisory committee members quit in protest.

The FDA also ordered Biogen to conduct a new trial. Even if it bombs, the company will have had nearly a decade to rake in the profits on a likely ineffective drug that causes small brain bleeds and brain swelling in a substantial fraction of patients. (Aduhelm's list price: roughly \$56,000 a year.)

By one estimate, the FDA's decision to approve Aduhelm for all Alzheimer's patients (not just the early-stage patients in Biogen's studies) would boost Medi-

care [spending](#) on drugs delivered in hospitals and doctors' offices by 50 percent. That could have raised Medicare premiums and taxes for all. And that's without the cost of MRI scans to detect the bleeds and swelling.

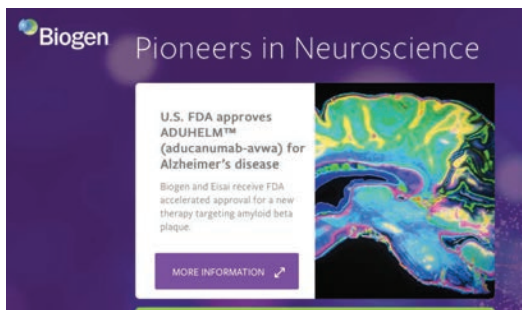
The Aduhelm story is changing rapidly:

■ **On July 8th**, the FDA said that only people with early Alzheimer's should get the drug.

■ **A day later**, the FDA's acting commissioner asked for an independent [investigation](#) of the agency's approval process, citing an off-the-books meeting between a Biogen executive and the head of the FDA's neuroscience division.

My advice: talk to your doctor, but make sure that she or he is familiar with Aduhelm's disappointing and disturbing backstory.

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



Aduhelm: unlikely to help and may cause harm.

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STEP IT UP

Why—and how—to get moving

BY CAITLIN DOW

In 2018, the [Physical Activity Guidelines for Americans](#) advised adults to do at least 150 to 300 minutes of moderate-intensity exercise like brisk walking, cycling, or dancing—or 75 to 150 minutes of vigorous exercise like running—every week. And they recommended strength exercises at least twice a week.

Newsflash: Most of us aren't hitting those targets. We'll find a routine post-pandemic, after the holidays, when work calms down, when the weather is warmer (or cooler). But our bodies aren't frozen in time while we're not exercising. We're paying a price.

Here are eight reasons to get moving today.

STAYING SHARP

Struggling to remember the right word or where you left your keys? Don't always connect the dots as fast as you used to? While that's a normal part of aging, exercise may help keep people sharp at any age.

"Physical activity seems to make people a bit more hardy against cognitive decline," says Charles Hillman, associate director of the Center for Cognitive and Brain Health at Northeastern University.

"And it can lower your risk for more serious cognitive impairments like dementia." That's based on studies that tracked thousands of people for up to 12 years.¹

The good news: You don't have to wait for decades to reap the benefits.

"One of the most notable findings is that a single bout of exercise has transient benefits on cognitive function," says Hillman, who served on the expert panel that examined the evidence for the [Physical Activity Guidelines](#).

In one study, 42 middle-aged and older women did light stretching, 30 minutes of brisk walking, or 30 minutes of strength training on separate days. On the days they walked or lifted weights, the women's reaction times were faster on a test of attention than on the day they stretched.²

"The most consistent benefits of exercise are on memory, attention, the ability to ignore distractions and stay focused, and the ability to perform multiple tasks at once," Hillman explains.^{3,4}

"Another winner that surprised us was crystallized intelligence," he adds. "That's our ability to remember facts: people, places, things like that. We had known that fluid intelligence—the ability to problem solve and think abstractly—gets a boost from exercise, but it turns out that crystallized intelligence benefits as well."⁵

Which exercise gives your noggin the best boost? "We have the most evidence for aerobic exercise," says Hillman.

Strength training and lighter-intensity activities like yoga may also help, though there's less research on those types of exercise.

Exercise protects the brain, at least in part, by changing its physical structure.

"Both gray matter—which are the neurons themselves—and white matter—which improves how well the neurons communicate with each other—benefit from physical activity," Hillman explains.

In one study, researchers randomly assigned 120 cognitively healthy older adults to do either stretching and toning exercises or 40 minutes of walking three times a week. After a year, the volume of

Aerobic activity: Aim for 150 minutes
170 minutes — you met the goal!

Muscle-strengthening activity: Aim for 2 days
3 days — you met the goal!

Review your plan

- Workout videos
30 minutes, 1 day this week
- Pilates
1 day this week
- Brisk walking
30 minutes, 3 days this week
- Biking
30 minutes, 1 day this week
- Yardwork — like raking leaves, trimming, and shoveling
20 minutes, 1 day this week

Plan your activity by visiting health.gov/moveyourway/activity-planner.

the hippocampus—an area of the brain involved in memory and learning—had increased in the walkers but had declined in the stretchers.⁶

DIABETES

"Regular physical activity strongly reduces the risk of developing type 2 diabetes in people of all body sizes,"

How Much?

The *Physical Activity Guidelines* recommend that adults do:



At least 150 minutes a week of moderate-intensity aerobic activity like:

- Brisk walking (2.5 mph or faster)
- Doubles tennis
- Bicycling slower than 10 mph on level terrain
- Active forms of yoga (like vinyasa or power yoga)
- Ballroom dancing
- Water aerobics

OR

75 minutes a week of vigorous-intensity aerobic activity* like:

- Jogging or running
- Singles tennis
- Bicycling 10 mph or faster
- Hiking uphill or with a heavy backpack
- High-intensity interval training



AND



Twice a week: activities that strengthen the legs, hips, back, abs, chest, shoulders, and arms:

- Stair climbing
- Weight lifting
- Body-weight exercises (lunges, push-ups, crunches, etc.)
- Water aerobics
- Pilates
- Yoga (like vinyasa or power yoga)
- Resistance exercises with elastic bands

* Or an equivalent combination of moderate- and vigorous-intensity aerobic activity.

concluded the *Physical Activity Guidelines*.⁶

People who hit the *Guidelines*' target—150 to 300 minutes a week of moderate-intensity activity—have a 25 to 35 percent lower risk of type 2 diabetes than people who do no activity, said the *Guidelines*' expert panel.

One reason: exercise makes your body more sensitive to insulin.

"Insulin tells tissues in the body to take in sugar from the bloodstream," explains Jenna Gillen, assistant professor of exercise physiology at the University of Toronto. "The more sensitive your tissues are to insulin, the more quickly sugar is removed from blood. Insulin sensitivity is important for lowering the risk of type 2 diabetes."

And the payoff is immediate.

"Previous studies have shown that a single bout of exercise improves insulin sensitivity for a day or so," says Gillen.⁷ "You don't have to do months of training before you get an improvement."

Gillen assigned inactive men to stay inactive or do either 50 minutes of moderate-intensity cycling or 10 minutes of sprint interval training three times a week. (The interval training alternated

20 seconds of fast cycling with two minutes of light pedaling.)⁸

Why test interval training?

"One of the most-cited barriers to exercise participation is a lack of time," says Gillen. "Sprint interval training or other styles of high-intensity interval training sessions take half as much time as a moderate-intensity session or even less."

After 12 weeks, both exercise groups had better insulin sensitivity than the men who did no exercise. (The interval and moderate-intensity training were equally effective.) And that was still the case three days after the last exercise session.⁸

But three days could be the limit. One study suggested that after four days of inactivity, "the improvements in insulin sensitivity may disappear," says Gillen.⁹

So when it comes to boosting insulin sensitivity, she says, "consistency is key. Try not to go more than three days in a row without exercising."

HEART

"We've known since the 1950s that physical activity plays an important role in the prevention of heart disease," says

Peter Katzmarzyk, associate executive director of population and public health sciences at the Pennington Biomedical Research Center.

In one recent analysis of nine studies, those who reported doing at least 150 minutes a week of moderate-intensity exercise had a 15 percent lower risk of heart disease than those who did no exercise.¹⁰

Why? Exercise can lower blood pressure, blood sugar, and other risk factors for heart disease. It also helps keep your blood vessels supple.

How much time you spend sitting—not just how much exercise you do—may also matter.

"The story gets more complicated when you add in sedentary behavior, which also raises the risk for both cardiovascular disease and mortality," says Katzmarzyk, who served on the expert panel that examined the evidence supporting the *Guidelines*.

How much sitting is too much?

"More than eight or nine hours a day is where you really start to see an increased risk," says Katzmarzyk. "And a lot of people greatly exceed that. If you ask, they may say they sit for five or

six hours a day. But then you ask about sitting at breakfast, in the car, at work, eating dinner, watching TV, and so on, and it adds up to 12 or 13 hours."¹¹

Katzmarzyk's advice: "If you have a job where you have to sit for most of the day, you're going to need a fair amount of exercise to negate the health effects, whereas if you're up and about most of the day, you don't need to do as much exercise. It's a continuum."

How much is enough to break up the hours in your seat?

"We have trials showing that disrupting your sitting time with physical activity can lower blood sugar levels over the short term," says Katzmarzyk.

"But we know less about how interrupting sitting time affects other risk factors for heart disease. You'll hear things like, 'Get up every hour for 10 minutes.' That's not based on any data. Nobody knows what approach actually lowers heart disease risk."

Katzmarzyk's bottom line: "Ideally, you should replace some sitting with moderate or vigorous activity. But if all you can do is stand, stand. If you can walk, good. If you can walk briskly, even better."

MENTAL HEALTH

If your mental health—and your exercise routine—suffered when the world went into lockdown in March 2020, you weren't alone.

"Many of us had a decrease in physical activity because we were locked in, and also had a drop in mental health," says Northeastern University's Charles Hillman.

In a survey of roughly 3,000 U.S. adults, those who became less active during lockdown reported higher levels of depression, stress, and loneliness, though that kind of study can't prove whether the drop in activity *caused* those or other problems.¹²

Still, there's good evidence that staying active can boost your wellbeing.

"An acute bout of exercise has immediate benefits for short-term feelings of anxiety," says Hillman.¹³

For example, researchers had 80 young adults fill out a questionnaire about their current mood before and after resting quietly or biking at a mod-

erate pace for 20 minutes. Feelings of anxiety and tension dropped post-exercise but remained stable in the resters.¹⁴

"But a commitment to regular exercise really benefits mental health—like anxiety and depression—in the long run," Hillman points out.

In one study of 10,400 Spanish adults, those who reported more physical activity had a lower risk of being diagnosed with depression, anxiety, or stress after six years.¹⁵

"Physical activity interventions not only result in lower symptoms of depression and anxiety in the average person," says Hillman. "They also lower anxiety and depression in people who have a clinical diagnosis of either disorder."

For example, researchers randomly assigned 72 adults who had been diagnosed with depression to a group that met the aerobic activity goals of the *Physical Activity Guidelines*, to a group that did about half the exercise recommended by the *Guidelines*, or to a group that only did light stretching.

After 12 weeks, scores on a depression questionnaire fell by roughly 50 percent in those who hit the *Guidelines'* goals, versus 30 percent in both the low-dose exercisers and the stretchers.¹⁶

CANCER

"We've known for quite a while that high levels of physical activity are linked with a lower risk of colon cancer and breast cancer," says Charles Matthews, an epidemiologist at the National Cancer Institute.

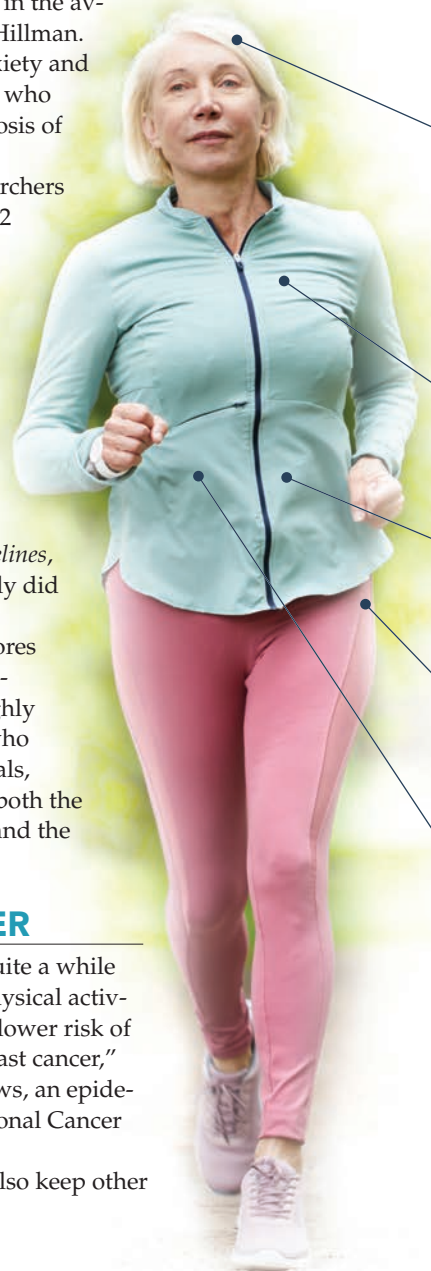
But exercise may also keep other cancers at bay.

"High levels of activity are quite consistently linked to a lower risk of endometrial, kidney, bladder, and stomach cancers," says Matthews. "And there's emerging evidence that it may also be linked to a lower risk of liver cancer."^{17,18}

How much is a "high" level of activity?



Why Move? Benefits linked to exercise



Improved cognition
Reduced risk of dementia
Reduced anxiety
Reduced risk of depression
Improved sleep

Lower risk of heart disease and stroke
Lower risk of hypertension

Reduced weight gain

Lower risk of falls and fall-related injuries

Lower risk of type 2 diabetes

Lower risk of many cancers

Lower risk of early death

When Matthews's team analyzed nine studies on roughly 750,000 adults who were followed for 10 years, those who met the *Physical Activity Guidelines* had a lower risk for seven types of cancer than those who did no exercise.¹⁷

"It was one of the first studies to demonstrate that the recommended levels seem to protect against many different cancer types," says Matthews.

But exercise is linked to a lower risk of some cancers more than others.

"Women who met the recommended levels of activity had a 6 to 10 percent lower risk of developing breast cancer than those who didn't report any exercise," Matthews notes.

In contrast, "men and women who met the recommended range had an 18 to 27 percent lower risk of liver cancer."¹⁷

"That wide range speaks to how each cancer type can be quite a distinct disease process."

How might exercise prevent cancer?

"Higher levels of inflammation, insulin, and blood sugar are linked to an increased risk of some cancers," Matthews explains. And physical activity may help keep a lid on each.

Another possibility: "Physical activity contributes to a lower risk of cancer by preventing long-term weight gain," says Matthews. Extra weight is linked to a higher risk of many cancers (see April 2019, p. 3).

MUSCLE

"As we age, we all lose muscle," says Alexander Lucas, an instructor in the department of health behavior and policy at Virginia Commonwealth University.

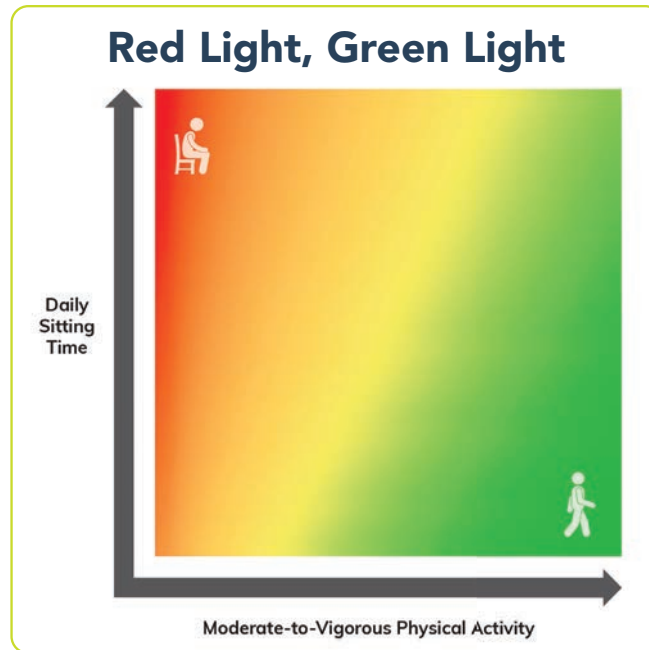
And we start losing muscle early.

"You're probably going to peak around age 30," says Lucas. After age 40, you can expect both your muscle mass and your strength to start to fall, with big drops after age 70 or so.¹⁹

As we age, that loss of muscle spells trouble.

"As you lose muscle, you're losing strength, and that will make it harder over time to engage in basic activities," says Lucas.

"That could be doing things you enjoy, like gardening or dancing, or simple day-to-day things like getting in and out of the shower or going on a walk and feeling confident that you're not going to fall. Once an older person has a fall, health tends to deteriorate quite quickly."



The risk of dying early drops as you move from red to green. Less sitting or more activity can lower your risk.

What's more, "gaining fat and losing muscle—both happen with aging—may set you up for a higher risk of problems like insulin insensitivity and type 2 diabetes," adds Lucas.

"That happens, in part, because your muscles play a major role in removing sugar from the bloodstream."

As muscle mass drops and fat accumulates between the muscle fibers, the muscle's ability to remove sugar from the bloodstream is blunted.²⁰

Not lifting weights now? Don't despair. You haven't missed the window of opportunity to build your strength.

"There is no age at which you cannot build muscle," says Lucas.

To his point, researchers supervised nine frail adults in their 90s in a challenging strength-training program three

times a week. At the study's start, the participants could lift roughly 18 pounds with one leg in a knee extension exercise. After eight weeks of pumping iron, they could lift roughly 45 pounds.²¹

And you don't need a gym.

"Walking up and down stairs is great because you're not moving across level ground," Lucas notes. "You're moving your body up against gravity, which builds strength."

"You can do body-weight exercises like squats, push-ups, crunches, or lunges," he adds. "You can also get some elastic bands or light hand weights and use furniture in your house as tools to build muscle."

The key: "You have to overload the muscle," says Lucas. "Make it work harder than it's accustomed to. That's how you'll make the fibers both bigger and stronger."

SLEEP

Struggling to get some slumber? Don't just sit there.

In one study of roughly 75,000 postmenopausal women, those who were sedentary for more than 11 hours a day were roughly 60 percent more likely to report symptoms of insomnia like trouble falling asleep, waking up during the

night, and waking earlier than planned than those who were sedentary for no more than six hours a day.²²

"Exercise leads to more sleep, better sleep, and it reduces the number of times that people wake up during the night," explains Northeastern University's Charles Hillman.

And there's no wait: Go on a hike or bike ride today, and you'll likely sleep a bit more soundly tonight.¹³

"The sleep benefits of being a regular exerciser are even greater," says Hillman.

For example, scientists randomly assigned 437 postmenopausal women with overweight or obesity to do no exercise or to do 15, 30, or 45 minutes of moderate-intensity exercise on most days of the week.

After six months, all three exercise groups reported sleeping better. And the more exercise they did, the more their sleep improved.²³

More good news: “People believe that if they exercise at night, they won’t be able to go to sleep,” says Hillman. “But that’s not supported by the data. The time of day that you exercise doesn’t necessarily matter.”¹³

LIFESPAN

“The World Health Organization says that physical inactivity is the fourth leading cause of death around the world,” says Pennington’s Peter Katzmarzyk.

“The good news is that you don’t have to get to that threshold of 150 minutes of activity per week. Any amount of activity is beneficial.”

When researchers ask people about their exercise habits, then track them for years, the risk for early death plummets in those who do even small amounts of moderate-to-vigorous activity compared to those who are inactive.¹³

“If you’re doing 70 minutes a week—that’s just 10 minutes a day—it’s not as though you’re failing,” says Katzmarzyk. “You’re actually getting a lot of benefit.”

Still, he points out, “the sweet spot is 150 to 300 minutes of exercise per week. That’s where people have the lowest risk of dying early.”

Prefer to track your steps instead of your time?

“Many people wear fitness trackers or look at their step counts on their phone,” says Matthews.

His team looked at data from roughly 4,800 middle-aged and older adults who wore step counters for up to a week and were followed for roughly 10 years.

“Across the board—men and women, younger and older adults, people from different ethnicities—higher step counts were associated with a lower risk of dying.”

In fact, people who took 8,000 steps per day were half as likely to die as those who took 4,000. And super steppers—they took at least 12,000 steps per day—had a 65 percent lower risk of dying during the 10 years of the study.²⁴

While it’s always possible that it wasn’t the steps, but something else about the high-steppers, that helped them live lon-

ger, why take a chance?

“If you’re wearing a fitness tracker and you’re routinely getting less than 4,000 steps per day,” says Matthews, “you may get substantial benefits by doubling or tripling that amount.” 🚫

¹ *J. Intern. Med.* 269:107, 2011.

² *J. Sport Exerc. Psychol.* 34: 539, 2012.

³ *Brain Res.* 1453: 87, 2012.

⁴ *Br. J. Sports Med.* 52: 154, 2018.

⁵ *Proc. Natl. Acad. Sci.* 108: 3017, 2011.

⁶ [health.gov/paguidelines/second-edition](https://www.health.gov/paguidelines/second-edition).

⁷ *N. Engl. J. Med.* 335: 1357, 1996.

⁸ *PLoS One* 11: e0154075, 2016.

⁹ *J. Clin. Endocrinol. Metab.* 105: e2941, 2020.

¹⁰ *Circulation* 124: 789, 2011.

¹¹ *Atherosclerosis* 311: 107, 2020.

¹² *Int. J. Environ. Res. Public Health* 17: 6469, 2020.

¹³ [health.gov/paguidelines/second-edition/report](https://www.health.gov/paguidelines/second-edition/report).

¹⁴ *Psychophysiology* 26: 593, 1989.

¹⁵ *Med. Sci. Sports Exerc.* 40: 827, 2008.

¹⁶ *Am. J. Prev. Med.* 28: 1, 2005.

¹⁷ *J. Clin. Oncol.* 38: 686, 2020.

¹⁸ *Med. Sci. Sports Exerc.* 51: 2391, 2019.

¹⁹ *Med. Sci. Sports Exerc.* 41: 1510, 2009.

²⁰ *Int. J. Mol. Sci.* 2020. doi:10.3390/ijms21020494.

²¹ *JAMA* 263: 3029, 1990.

²² *Sleep* 42: zsz093, 2019.

²³ *BMJ Open* 2: e001044, 2012.

²⁴ *JAMA* 323: 1151, 2020.

App-Named



HASfit offers hundreds of cardio and strength training videos. (It was one of 22 mostly free workout sites reviewed by Wirecutter in 2020.) Most workouts feature two trainers: one doing advanced moves and the other showing modifications if you’re new to exercise or recovering from an injury. (Download the [HASfit](#) app or go to [HASfit.com](#).)

Fitness Blender has over 600 free strength, cardio, Pilates, stretching, balance, and low-impact videos. Search by intensity, workout duration, the equipment you want to use (if any), and the area of the body you want to focus on. (Go to [FitnessBlender.com](#).)

SilverSneakers is a free program available through many Medicare Advantage and Medicare Supplemental plans. The SilverSneakers Go app allows you to track your activity, watch online workout videos, find in-person classes, and more. One of the biggest SilverSneakers perks: a free basic membership at more than 15,000 participating gyms and health clubs. (Download the [SilverSneakers Go](#) app or visit [SilverSneakers.com](#).)

Quick Studies

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

Pesticides & Cancer



Do fruits and vegetables raise the risk of cancer because they may contain pesticides?

Researchers followed roughly 180,000 people for 14 years. Those who ate more of the fruits and vegetables that typically have the highest pesticide residues had no higher risk of cancer (including breast, lung, uterine, advanced prostate, and non-Hodgkin lymphoma) than those who ate less.

This kind of study can't rule out the possibility that something else about the participants explains the results, but the researchers took many factors into account, including smoking, exercise, and cancer screening.

What to do: Eat plenty of fruits and vegetables—organic or not—to lower your risk of cancer, as well as heart disease, type 2 diabetes, and more.

Environ. Int. 2021. doi:10.1016/j.envint.2021.106744.

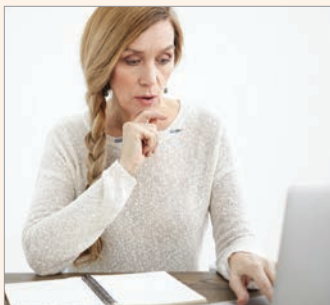
Reader Beware

Cancer experts reviewed 200 popular articles on treating breast, prostate, colorectal, or lung cancer posted on Facebook, Reddit, Twitter, or Pinterest.

A third of the articles contained misinformation like “cancer antigen vaccine cures prostate cancer” or “immunotherapy cures metastatic colon cancer.”

What to do: For advice on cancer treatments, go to cancer.gov or cancer.org.

J. Natl. Cancer Inst. 2021. doi:10.1093/jnci/djab141.



Memory & Healthy Protein?

Could eating healthy protein foods lower your risk of memory loss?

Researchers tracked roughly 77,000 people for 20 years. They measured “subjective cognitive decline” by asking questions like “Do you have more

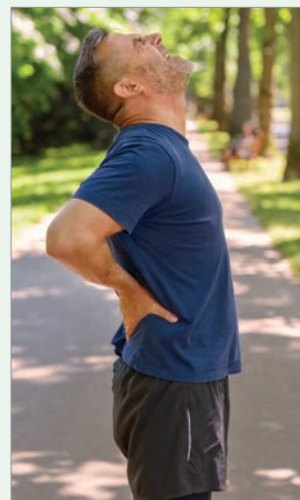
The risk of cognitive decline was 38 percent lower for every 3 servings per week of beans the people ate. It was 14 percent lower for every 3 weekly servings of skinless chicken and 7 percent lower for every 3 weekly servings of fish. In contrast, the risk was 16 percent *higher* for every 3 weekly servings of hot dogs.

Though the scientists “adjusted” for education, income, exercise, family history of dementia, and more, something else could explain the link between healthy proteins and memory.

What to do: Eat healthy protein foods. There's solid evidence that they can protect your heart, so why not? 🍷

Am. J. Clin. Nutr. 2021. doi:10.1093/ajcn/nqab236.

CBD & Pain Relief



Headed that CBD—aka cannabidiol, the non-intoxicating component of marijuana—relieves pain?

Australian researchers randomly assigned 100 people who came to a hospital emergency department

because of lower-back pain to take either a single (400-milligram) dose of CBD or a placebo.

After two hours, there was no difference in reported pain. Nor was there a difference in the use of oxycodone to treat the pain after four hours or in the length of stay in the ER.

What to do: So far, there's no solid evidence that CBD can relieve pain. The FDA has approved only one CBD product, a prescription drug to treat certain seizures (see March 2019, p. 9).

Med. J. Aust. 214: 360, 370. 2021.



trouble than usual remembering recent events?” and “Do you have trouble finding your way around familiar streets?”

You Bet Your Life

Take the food & health quiz

BY BONNIE LIEBMAN

When it comes to health, there are no guarantees. But you can hedge your bets by knowing how to eat healthy and lower your risk of illness.

Don't be surprised if some of these questions seem tough. A few answers aren't even from *Nutrition Action* (which you've no doubt memorized).

Each question has only one answer. Good luck!

1. Which is **MOST** likely to lower the risk of breast cancer?

- a. Avoiding soy foods
- b. Eating garlic and onions
- c. Taking fish oil
- d. Eating fruits and vegetables
- e. Taking bioidentical hormones

2. A daily serving of which food is **MOST** likely to lead to weight gain? (Each has around 100 calories.)

- a. Cheddar cheese
- b. Banana
- c. White bread
- d. Vanilla yogurt
- e. Orange juice

3. What is **MOST** likely to reverse type 2 diabetes in some people?

- a. Losing excess weight
- b. High-intensity exercise
- c. Chromium supplements
- d. Cinnamon supplements

4. A deficiency of which vitamin can lead to dementia?

- a. Vitamin A
- b. Vitamin B-6
- c. Vitamin B-12
- d. Vitamin C
- e. Vitamin D



5. Four of these heart attack symptoms are more common in women than in men. Which one isn't?

- a. Shortness of breath
- b. Pain in the back, neck, or jaw
- c. Nausea
- d. Indigestion
- e. Chest pain

6. A daily serving of which food is **MOST** likely to help keep you regular?

- a. Whole wheat bread
- b. Bran flakes
- c. Apple
- d. Broccoli
- e. Fiber gummies

7. Which low-calorie sweetener is the **LEAST** safe?

- a. Allulose
- b. Aspartame
- c. Erythritol
- d. Sorbitol
- e. Stevia extract

8. Which foodborne germ is **LEAST** likely to be killed by alcohol-based hand sanitizer?

- a. *Salmonella*
- b. *Campylobacter*
- c. Norovirus
- d. *Listeria*



9. A daily serving of which food is **LEAST** likely to help lower LDL ("bad") cholesterol?

- a. Oatmeal
- b. Black beans
- c. Walnuts
- d. 95% lean ground beef
- e. Mayonnaise

10. Most older adults need all but one of these vaccines. Which one?

- a. Covid
- b. Flu
- c. Human papillomavirus
- d. Shingles
- e. Pneumonia

11. Organic foods promise all but one of these. Which one?

- a. No added pesticides
- b. No added fertilizers
- c. No added antibiotics
- d. No added growth hormones
- e. More nutrients

12. High doses of which supplement may raise the risk of prostate cancer?

- a. Vitamin E
- b. Vitamin D
- c. Vitamin A
- d. Iron
- e. Magnesium

13. Which of these foods has the **LEAST** amount of protein?

- a. Egg (1)
- b. Cream cheese (1 oz.)
- c. Beans (½ cup)
- d. Quinoa (1 cup)
- e. Spaghetti (1 cup)



ANSWERS

14. In clinical trials, antioxidant supplements (like vitamins C and E) reduced the risk or progression of what?
 a. Heart disease
 b. Lung cancer
 c. Colon cancer
 d. Memory loss
 e. Vision loss

15. Which restaurant dish is MOST likely to have fewer than 1,200 calories?
 a. Kung Pao chicken
 b. Lasagna
 c. Chicken pad Thai
 d. Moussaka
 e. Tandoori chicken

16. Antibiotics can treat which of these infections?
 a. Colds
 b. Flu
 c. Covid-19
 d. Urinary tract infections
 e. *E. coli* O157:H7

17. Which foodborne germ can MOST grow in refrigerated food?
 a. *Salmonella*
 b. *Campylobacter*
 c. *Listeria*
 d. Norovirus
 e. *E. coli* O157:H7

18. Producing a serving of which food creates far more greenhouse gasses than the others?
 a. Beef
 b. Pork
 c. Poultry
 d. Cheese
 e. Beans

19. Which has the LEAST added sugar per serving?
 a. Breyers Natural Vanilla Ice Cream
 b. Häagen-Dazs Vanilla Bean Ice Cream
 c. Ben & Jerry's Vanilla Ice Cream
 d. Talenti Madagascan Vanilla Bean Gelato
 e. Häagen-Dazs Mango Sorbet

20. A daily serving of which food is LEAST likely to raise the risk of colon cancer?
 a. Uncured bacon
 b. Deli sliced turkey breast
 c. Lox (smoked salmon)
 d. Uncured beef franks
 e. Tuna salad

21. Which plant milk has roughly as much protein as dairy milk?
 a. Almond
 b. Coconut
 c. Oat
 d. Pea
 e. Rice

22. Which will NOT help you consume fewer microplastics?
 a. Buying fewer items wrapped in plastic
 b. Drinking bottled water
 c. Avoiding plastic tea bags
 d. Storing food in glass containers

23. Which food can interfere with many medicines?
 a. Oat milk
 b. Coconut milk
 c. Grapefruit juice
 d. Grape juice
 e. Applesauce

24. Coffee drinkers have a lower risk of all but one of these. Which one?
 a. Liver cancer
 b. Parkinson's disease
 c. Type 2 diabetes
 d. Heart disease

25. Which supplement do health authorities recommend for anyone who could become pregnant?
 a. Calcium
 b. Folic acid
 c. Iron
 d. Vitamin D

1. **d (Eating fruits and vegetables).** The evidence isn't ironclad, but fruits and vegetables are consistently linked to a lower risk of breast cancer. Taking postmenopausal hormones raises risk, and bioidentical hormones are no safer. There's no good evidence that eating garlic, onions, or fish oil or avoiding soy lowers risk. (See Jun. 2021, p. 3.)

2. **e (Orange juice).** The calories in liquids don't curb your appetite as well as those in solid foods. (See Jul./Aug. 2018, p. 6.)

3. **a (Losing excess weight).** High-intensity exercise, bariatric surgery, weight-loss drugs, or a low-carb diet could also work, but only if they lead to sufficient weight loss. (See Dec. 2019, p. 3.)

4. **c (Vitamin B-12).** Experts recommend that vegans and anyone over age 50 get at least 2.4 micrograms a day of B-12 from either a supplement or food with added B-12. Older people may have too little stomach acid to absorb the naturally occurring B-12 in meat, dairy, and eggs. (See Sept. 2021, p. 7.)

5. **e (Chest pain).** Chest pain is the most common sign of a heart attack in both men and women. The other symptoms are more common in women than in men. (See [womenshealth.gov/heart-disease-and-stroke](https://www.womenshealth.gov/heart-disease-and-stroke).)



6. **b (Bran flakes).** They have more fiber (7 grams) per serving than the other foods (3 to 4 grams). Fiber gummies made with inulin or soluble corn fiber are less likely to keep you regular. (See Jun. 2020, p. 8; Jun. 2018, p. 3.)

7. **b (Aspartame).** Aspartame has caused cancer in animal studies. The other sweeteners are safe, though too much allulose or sorbitol can cause diarrhea. (See [chemicalcuisine.org](https://www.chemicalcuisine.org).)

8. c (Norovirus).

Norovirus is the leading cause of foodborne illness. Alcohol-based hand sanitizer doesn't kill *Cryptosporidium* or *C. diff* either. (See Jan./Feb. 2020, p. 10.)



9. d (95% lean ground beef). The fiber in oatmeal and beans—and the unsaturated fats in walnuts and mayo—lower LDL. Lean ground beef raises LDL less than fattier beef, but it doesn't beat plant foods, poultry, or seafood. (See Apr. 2020, p. 3; Sept. 2019, p. 3; Jun. 2018, p. 3.)

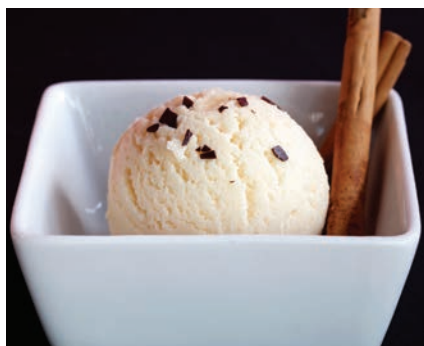
10. c (Human papillomavirus). The CDC recommends vaccines for pneumonia if you're 65 or older, for shingles if you're 50 or older, for Covid if you're 12 or older, and for HPV if you're 11 to 26 (or, if you were never vaccinated, up to age 45). Adults also need a yearly flu shot and a tetanus-diphtheria booster every 10 years. (See www2.cdc.gov/nip/adultimmsched/.)

11. e (More nutrients). No synthetic pesticides, fertilizers, growth hormones, or antibiotics can be used to grow organic foods. Some may have more nutrients, but there's no guarantee. (See Jul./Aug. 2020, p. 12.)

12. a (Vitamin E). Men who were randomly assigned to take 400 IU a day of vitamin E for 5½ years had a 17 percent higher risk of prostate cancer 3 years after the study ended than men who were given a placebo. (See Mar. 2020, p. 6.)

13. b (Cream cheese). A serving has 2 grams of protein. That's less than a serving of spaghetti (9 grams), beans (8 grams), or quinoa (8 grams), or an egg (6 grams). (See Sept. 2018, p. 3.)

14. e (Vision loss). Vitamins C and E, beta-carotene, and zinc lower the risk that macular degeneration will get worse, but only in people with interme-



diate macular degeneration. High doses of beta-carotene increase the risk of lung cancer in current and former smokers. Antioxidant vitamins have had no effect on other cancers, memory

loss, heart disease, or stroke. (See Jul./Aug. 2021, p. 3; Apr. 2014, p. 3.)

15. a (Kung Pao chicken). In a 2013 study of non-chain restaurants, main dishes (with sides) averaged roughly 1,300 calories. Kung Pao chicken (1,150 calories) had less than moussaka (1,440), chicken pad Thai (1,480), lasagna (1,530), and tandoori chicken (1,850). (See Jan./Feb. 2016, p. 8.)

16. d (Urinary tract infections). Antibiotics don't kill viruses (colds, Covid, flu). But they do kill the bacteria that cause UTIs (though many infections are now resistant to some antibiotics). *E. coli* O157:H7 is also a bacteria, but antibiotics may increase the risk of life-threatening complications. (See Dec. 2017, p. 3; Apr. 2020, p. 3.)

17. c (Listeria). It can grow on deli meats, smoked fish, soft cheeses, and other refrigerated foods. Listeriosis can cause miscarriages in pregnant women and symptoms like fever, diarrhea, headache, and stiff neck. (See Jan./Feb. 2020, p. 10.)

18. a (Beef). A serving of beef creates roughly 4 times more greenhouse gasses than pork, 9 times more than poultry, 11 times more than cheese, and 80 times more than beans. (See Apr. 2020, p. 3.)

19. a (Breyers Natural Vanilla Ice Cream). A ⅓-cup serving of Breyers (170 calories)

has 3½ teaspoons of added sugar. Ben & Jerry's (330 calories) has 5 tsp., the Häagen-Dazs ice cream (340 calories) has 5½ tsp., Talenti (260 calories) has 5½ tsp., and the Häagen-Dazs sorbet (200 calories) has 9½ tsp.

20. e (Tuna salad). People who average 2 oz. a day of cured, smoked, or other processed meats—like bacon, hot dogs, or deli meats—have an 18 percent higher risk of colon cancer than people who eat none. That includes processed poultry or fish. Most “uncured” or “no added nitrates or nitrites” meats still contain those additives from ingredients like celery powder. (See Apr. 2020, p. 3.)

21. d (Pea). Much of the protein in Silk Protein (10 grams per cup) and Ripple (8 grams) comes from peas. Soy milks (6 to 8 grams) also rival dairy milk (8 grams). Most other plant milks have only 1 to 3 grams. (See Apr. 2020, p. 13.)

22. b (Drinking bottled water). Avoiding water sold in plastic bottles is the chief way to consume fewer microplastics. (See Apr. 2021, p. 8.)

23. c (Grapefruit juice). It interferes with an enzyme that metabolizes about half of all medicines. (See Apr. 2018, p. 7.)

24. d (Heart disease). Coffee's benefits are still unproven, but people who consume more regular or decaf have a lower risk of type 2 diabetes and liver cancer. Only caffeinated coffee is linked to a lower risk of Parkinson's. (See Mar. 2021, p. 8; Apr. 2019, p. 3.)

25. b (Folic acid). This B vitamin lowers the risk of neural tube birth defects like spina bifida. Because those defects occur early in pregnancy and half of all pregnancies are unplanned, experts advise anyone who *could* become pregnant to take a daily supplement with 400 micrograms of folic acid. (See cdc.gov/ncbddd/folicacid/about.html.)

HOW'D YOU DO?

21–25 Really??? Definite refrigerator-magnet material.

14–20 Impressive. You've been studying, right?

6–13 Hang in there. Bet you learned a lot, though.

0–5 Hmm. Take 2 *Nutrition Actions* and call us in the morning.

The Healthy Cook

Simply Savory



Got some cooked barley, brown rice, or other whole grain in the freezer or fridge? Then this simple—and simply delicious—side dish can be on the table in 20 minutes. 🍴

Savory Mushroom Barley

- | | |
|-------------------------------|--|
| 2 Tbs. extra-virgin olive oil | ½ lb. mushrooms (any kind), chopped |
| 3 cloves garlic, minced | 1 Tbs. reduced-sodium soy sauce |
| 1 carrot, finely chopped | 2 cups cooked barley, wheat berries, or brown or wild rice |
| 1 Tbs. tomato paste | |
| 1 sprig thyme or rosemary | |

1. In a large pan over medium heat, heat the oil until shimmering. Sauté the garlic, carrot, tomato paste, and thyme until the tomato paste starts to darken, 2–3 minutes.
2. Add the mushrooms and soy sauce. Cook until the mushrooms start to brown, 3–5 minutes. Remove and discard the thyme stem. Stir in the barley and heat through, about 1 minute.



SERVES 4

PER SERVING (¾ cup): calories 180 | total fat 7 g | sat fat 1 g | carbs 27 g | fiber 4 g | total sugar 2 g | added sugar 0 g | protein 4 g | sodium 160 mg



**For more
savory sides**

Go to nutritionaction.com/sides
for **Maple Sesame Winter Squash**
and **Garlicky Broccoli**

**For cooking
advice**

Write to Chef Kate at
healthycook@cspinet.org

BEST THING SINCE...

How to spot a good sliced bread



BY LINDSAY MOYER & KAAMILAH MITCHELL

1 Get 100% whole grain. If the label says “100% whole wheat” or “100% whole grain,” you’re there.

Otherwise, check the ingredient list for “whole wheat” or other “whole” grains. Don’t be fooled by “enriched” or “wheat” or “unbleached wheat” flour. They’re all refined (aka white). (See p. 14 for some iffy claims.) Sprouted grains are typically whole.

Our Best Bites and Honorable Mentions are made with grains that are all—or nearly all—whole. We disqualified breads with white flour unless it was far down the ingredient list (near yeast, gluten, or salt), a sign that there’s little there. We treated fiber-poor starches like tapioca and arrowroot—they’re often added to gluten-free breads—like white flour.

2 Check the serving. A serving of most breads is one slice. But some thinner or smaller loaves list two slices (like Pepperidge Farm Whole Grain Thin Sliced or Silver Hills Sprouted Power Little Big Bread) or even three slices (like Pepperidge Farm Very Thin). The numbers in our chart (p. 15) are for one slice.

Low-carb. Cauliflower. Paleo. Keto. Whole wheat breads are facing a host of new competitors.

Just don’t lose sight of the basics: Whole grains are better than refined flour. (Of course, no bread measures up to intact whole grains like whole wheat berries or bulgur. Whole-grain breads that mix intact or cracked grains into their flour come closest.)

Here’s what to look for. Then turn the page for our take on what’s new...and what’s tricky.

3 Skirt the salt. Bread doesn’t taste salty, but two slices can easily rack up 350 to 400 milligrams of sodium before you add mustard, mayo, cheese, turkey, etc.

Our Best Bites have no more than 120 mg of sodium per slice. Honor-

able Mentions can have up to 150 mg.

Watching every milligram? Alvarado St. Bakery, Food for Life, and Angelic Bakehouse make no-salt-added breads. In a sandwich, you might not notice their blander taste.

Food for Life Organic Ezekiel 4:9 Sprouted Grain (75 mg of sodium per slice) and Angelic Bakehouse 7-Grain Reduced Sodium (65 mg) manage to cut salt but not flavor. Ditto for small slices like Pepperidge Farm Whole Grain Thin Sliced (around 70 mg) or Silver Hills Sprouted Power Little Big Bread (90 mg).

4 Keep a lid on sugar. Most of our Best Bites and Honorable Mentions have no more than a few grams of added sugar (if that), so we didn’t set limits. Just keep in mind that larger slices—Dave’s Killer Bread Organic 21 Whole Grains and Seeds, for one—can hit 5 grams of added sugar per slice. That gives a two-slice sandwich enough sugar to approach 20 percent of the Daily Value (50 grams).



Got an eye on sodium? Check the freezer case for this good bet.



Every thin-sliced Dave’s (except the White Done Right) is a Best Bite.



A smallish slice that’s as low in calories as most “thin-sliced” breads.



A full-size whole-grain slice with less sodium than most.



Small slices, big on whole grains. A Best Bite no-brainer.

Thinner Winners

A healthy DASH diet with roughly 2,000 calories piles on the fruits and veggies, so it has room for just four 1 oz. servings of grains a day. (See nutritionaction.com/DASH.)

But many bread slices weigh in at 1½ oz. (42 grams) or more. So that two-slice sandwich eats up three of your four grain servings.

Not with “thin-sliced” breads from **Dave’s Killer Bread**, **Pepperidge Farm**, **Arnold**, **Brownberry**, or **Oroweat**.

None top 1 oz. per slice. And most are Best Bites, so you also save on sodium.



A “thin” slice counts as 1 serving of grain.

By Any Other Name...

Some names and claims sound like they’re 100% whole grain. They often aren’t:

■ **“Multigrain.”** More than one grain? So what? **Nature’s Own Perfectly Crafted Thick Sliced Multigrain**, for example, still has more refined wheat flour than any other grain.

■ **“Wheat.”** Don’t judge a “wheat” bread by its color. Take **The Cheesecake Factory At Home Our Famous “Brown Bread” Wheat Sandwich Loaf**. It’s got more white than whole wheat flour. And the brown color? Could the brown sugar, molasses, and caramel color have anything to do with that?

■ **“8g whole grain.”** Grams don’t tell you what percent of the grains are whole. It could have 8g (or more) of white flour, too.

■ **“Made with whole grain.”** That usually means white flour mixed with whole grain. For example, 32 percent of the grain in **Sara Lee White Made with Whole Grain** is whole, says the label. Most other breads don’t say.

■ **“Oatmeal.”** There’s often some (or lots of) white flour.



100% whole grain? Find another crafter.



The trifecta: yummy, whole grain, no added sugar.

Raisin’ the Bar

Want to start your day with something sweet?

It’s a pity most raisin breads—like **Thomas’**

Swirl Cinnamon Raisin and **Pepperidge Farm Swirl Raisin Cinnamon**—are made of white flour. What about Pepperidge’s **100% Whole Wheat** version? It’s got sucralose, which we rate as “avoid” (see chemicalcuisine.org).

Instead, hit the freezer case for 100% whole-grain cinnamon raisin breads from **Food for Life (Organic 7 Sprouted Grains** or **Organic Ezekiel 4:9)**.



Toast them lightly under the broiler. Mmm.

No Grain or Gluten?

Unless you *need* to avoid gluten, don’t bother. Most gluten-free breads mix in starchy, fiber-poor tapioca or arrowroot, which we counted as refined flour.

For example, a loaf of **Udi’s Gluten Free Whole Grain** has more tapioca starch than brown rice flour. Exception: the main ingredient in **Best Bite Food for Life**

Gluten Free Brown Rice Bread is organic brown rice flour. Many “low carb,” “paleo,” and “keto” (aka low-carb) breads cobble together eggs, nuts, seeds, processed fibers, and (sometimes) starches to replace grains or carbs. But most can’t mimic bread’s texture.

Base Culture Original Keto and **Cinnamon Raisin** come close. And both add good fiber from flaxseeds and psyllium to their egg-nut-arrowroot base. (They’re also gluten-free.)

Others skip the grains *and* the starches altogether. We’re talking about **Outer Aisle Original Cauliflower Sandwich Thins**. The delicious Best Bite replaces flour with cauliflower plus a little egg, parmesan, and nutritional yeast. Check the refrigerator or freezer case. And check your wallet (\$7 for six thins is a little pricey). **Trader Joe’s Cauliflower Thins** are nearly identical (\$4 for four thins).

For some healthy low-carb tortillas and wraps, see March 2021, p. 13. 🍷

Rye Right

“10g whole grains,” boasts **Dave’s Killer Bread Organic Righteous Rye**. “Not your old school rye bread.”

And not 100% whole grain, either. Dave’s rye mixes in refined flour. So do most other ryes, like **Nature’s Own Perfectly Crafted Thick Sliced Soft Rye** and **Pepperidge Farm Made with Whole Grain Seeded Jewish Rye**.

For the real deal, try **Mestemacher “All Natural Famous German” Whole Rye Bread**. The 100% whole-grain rye is mostly whole rye kernels plus whole-grain rye flour.

Just think of each hefty 2.5 oz. slice—and its 270 milligrams of sodium—as two slices of bread. It makes the perfect base for a hearty breakfast of avocado toast or nut butter toast topped with banana or strawberry slices.



Mestemacher does rye right.

Any Way You Slice It

Best Bites (✓✓) have no more than 120 milligrams of sodium per slice. **Honorable Mentions** (✓) have up to 150 mg. The grains in both are all (or almost all) whole. We disqualified breads made with the artificial sweetener sucralose or with non-trivial amounts of starches like tapioca or arrowroot. Breads are ranked from least to most sodium, then least to most calories. Note: All numbers are per slice. They may not match what's on some packages due to regional variations or the number of slices per serving.

Thin-Sliced—all or nearly all whole grain (1 slice)

	Calories	Sodium (mg)
✓✓ Pepperidge Farm Very Thin 100% Whole Wheat (0.5 oz.)	35	60
Pepperidge Farm Light Style 100% Whole Wheat (0.7 oz.) ⁵	45	65
✓✓ Pepperidge Farm Whole Grain Thin Sliced (0.9 oz.) ¹	70	70
✓✓ Dave's Killer Bread Organic Thin-Sliced Powerseed (1 oz.)	60	90
✓✓ Sara Lee Delightful Healthy Multi-Grain (0.8 oz.)	45	95
✓✓ Oroweat Organic Thin-Sliced Sweet Baby Grains (1 oz.)	70	100
✓✓ Arnold, Brownberry, or Oroweat Small Slice 100% Whole Wheat (1 oz.)	70	105
✓✓ Dave's Killer Bread Organic Thin-Sliced 21 Whole Grains and Seeds (1 oz.)	70	105
✓✓ Sara Lee Delightful Honey Whole Wheat (0.8 oz.)	45	110
✓✓ Dave's Killer Bread Organic Thin-Sliced—100% Whole Wheat, Good Seed, or Sprouted Whole Grains (1 oz.) ¹	70	115
✓✓ Arnold, Brownberry, or Oroweat Organic Thin-Sliced Sprouted Wheat (1 oz.)	70	120
✓ Arnold, Brownberry, or Oroweat Organic Thin-Sliced 22 Grains & Seeds (1 oz.) ¹	80	125
✓ Oroweat Organic Thin-Sliced 100% Whole Wheat (1 oz.)	70	130

Thin-Sliced—NOT all or nearly all whole grain (1 slice)

Pepperidge Farm Light Style Soft Wheat (0.7 oz.) ⁵	45	65
Pepperidge Farm Light Style Oatmeal (0.7 oz.)	45	85
Pepperidge Farm Light Style 7 Grain (0.7 oz.) ⁵	45	95
Sara Lee Delightful White Made with Whole Grain (0.8 oz.)	45	100
Arnold, Brownberry, or Oroweat Small Slice Oatnut (1 oz.)	80	100
Dave's Killer Bread Organic Thin-Sliced White Bread Done Right (1 oz.)	70	125

Regular—all or nearly all whole grain (1 slice)

✓✓ Angelic Bakehouse 7-Grain No Added Salt (1 oz.)	60	0
✓✓ Food for Life Organic Ezekiel 4:9 Low Sodium (1.2 oz.)	80	0
✓✓ Alvarado St. Bakery No Salt Added Multigrain (1.2 oz.)	90	10
✓✓ Food for Life Organic 7 Sprouted Grains Cinnamon Raisin (1.2 oz.)	80	60
✓✓ Food for Life Organic Genesis 1:29 Sprouted Grain & Seed (1.2 oz.)	90	60
✓✓ Angelic Bakehouse 7-Grain Reduced Sodium (1 oz.)	60	65
✓✓ Food for Life Organic Ezekiel 4:9 Cinnamon Raisin (1.2 oz.)	80	65
✓✓ Food for Life Organic Ezekiel 4:9 Flax (1.2 oz.)	80	70
✓✓ Food for Life Organic Ezekiel 4:9 Sprouted Grain (1.2 oz.)	80	75
✓✓ Food for Life Organic 7 Sprouted Grains (1.2 oz.)	80	80
✓✓ Food for Life Organic Ezekiel 4:9 Sesame (1.2 oz.)	80	80
✓✓ Silver Hills Sprouted Power Little Big Bread (0.8 oz.)	60	90
✓✓ Nature's Own 100% Whole Wheat (0.9 oz.)	60	110
✓✓ Sara Lee 100% Whole Wheat (0.9 oz.)	60	115
Pepperidge Farm Swirl 100% Whole Wheat Cinnamon with Raisins (1.2 oz.) ⁵	90	120
✓✓ Pepperidge Farm Whole Grain 100% Whole Wheat (1.7 oz.)	130	120
✓ Nature's Own Life 100% Whole Grain Sugar Free (0.9 oz.)	50	125
✓ Pepperidge Farm Whole Grain Honey Wheat (1.7 oz.)	140	125

✓ Pepperidge Farm Whole Grain 15 Grain (1.7 oz.)	130	130
✓ Silver Hills Organic Sprouted Power Big Red's (1.2 oz.)	90	135
✓ Dave's Killer Bread Organic Powerseed (1.5 oz.)	100	135
✓ Silver Hills Sprouted Power The Big 16 (1.3 oz.)	100	135
✓ Pepperidge Farm Whole Grain Oatmeal (1.7 oz.)	130	135
✓ Silver Hills Organic Sprouted Power The Queen's Khorasan (1.2 oz.)	90	140
✓ Brownberry Whole Grains Double Fiber (1.5 oz.)	100	140
✓ Brownberry Whole Grains Health Nut (1.5 oz.)	110	150
Dave's Killer Bread Organic 100% Whole Wheat (1.5 oz.)	100	160
Dave's Killer Bread Organic 21 Whole Grains and Seeds (1.6 oz.)	110	170
Pepperidge Farm Whole Grain Sprouted Grain (1.6 oz.)	120	180
Pepperidge Farm Farmhouse 100% Whole Wheat (1.7 oz.)	130	180
Arnold, Brownberry, or Oroweat Organic 100% Whole Grain (1.7 oz.)	140	200
Arnold, Brownberry, or Oroweat Organic 22 Grains & Seeds (1.7 oz.) ¹	140	230
Mestemacher Whole Rye (2.5 oz.)	180	270

Regular—NOT all or nearly all whole grain (1 slice)

Dave's Killer Bread Organic Raisin' the Roof! (1.2 oz.)	90	95
Pepperidge Farm Swirl Raisin Cinnamon (1.2 oz.)	100	105
Nature's Own Honey Wheat (0.9 oz.)	70	110
The Cheesecake Factory At Home Our Famous "Brown Bread" Wheat Sandwich Loaf (1 oz.)	80	110
Sara Lee White Made with Whole Grain (1 oz.)	70	135
Thomas' Swirl Cinnamon Raisin (1.1 oz.)	100	140
Arnold, Brownberry, or Oroweat Organic Oatnut (1.7 oz.)	140	170
Dave's Killer Bread Organic White Bread Done Right (1.4 oz.)	110	180
Pepperidge Farm Farmhouse Whole Grain White (1.7 oz.)	120	190
Brownberry Country Style Oatmeal (1.7 oz.)	130	190
Pepperidge Farm Made with Whole Grain Seeded Jewish Rye (1.1 oz.)	80	210
Pepperidge Farm Farmhouse Homestyle Oat (1.7 oz.)	130	210
Dave's Killer Bread Organic Righteous Rye (1.6 oz.)	110	220
Nature's Own Perfectly Crafted Thick Sliced Multigrain (1.5 oz.)	110	220
Pepperidge Farm Farmhouse Multigrain (1.7 oz.)	140	220
Nature's Own Perfectly Crafted Thick Sliced Soft Rye (1.5 oz.)	110	260

Gluten-Free, Grain-Free, or Low-Carb* (1 slice)

✓✓ Food for Life Gluten Free Brown Rice (1.5 oz.)	100	90
Base Culture Cinnamon Raisin (1 oz.) ^R	90	105
✓✓ Outer Aisle Cauliflower Sandwich Thins—Italian, Jalapeño, or Original (1.1 oz.)	50	120
Canyon Bakehouse Gluten Free 7-Grain (1.2 oz.) ^R	90	120
✓ Trader Joe's Cauliflower Thins (1.1 oz.)	50	130
Udi's Gluten Free Whole Grain (0.9 oz.) ^R	70	135
Outer Aisle Everything Cauliflower Sandwich Thins (1.1 oz.)	60	160
Base Culture Original Keto (1.1 oz.) ^R	110	180
Unbun Unbread (1.1 oz.)	90	230

✓✓ Best Bite. ✓ Honorable Mention. ⁵Contains sucralose. ¹Average of the entire line or the varieties listed. *All breads in the section are gluten-free. ^RContains non-trivial amounts of starches.

Sodium Daily Value: 2,300 milligrams.

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



FOOD FIND

Pick a Pear



September's an apple bonanza. But October belongs to **pears**. Bartlett, Anjou, Bosc, Comice, Seckel, Forelle, Concorde, Starkrimson—take your pick.

Pears are harvested unripe because most become gritty if left to ripen on the tree. So let them hang out on the countertop or—if you want to move things along—in a paper bag. (That traps the ethylene gas they emit, which speeds ripening. Adding a banana helps.)

Then “check the neck,” as pear mavens like to say. Pears are ripe when the flesh around the stem yields to gentle pressure from your thumb. By the time the bottom half is soft, the inside may be overripe.

Bosc pears “give” less than others when ripe. Their crispness makes them perfect for cooking or salads (like the Dish of the Month).

Fun fact: A typical medium pear with its skin has 6 grams of fiber. That beats an apple or a cup of blueberries (4 grams) or an orange or banana (3 grams).

Two lesser-known varieties:

■ **Seckel**. The smallest pears—a few bites, max—are the sweetest. Talk about a pear-fect snack.

■ **Asian**. With their round shape, firm and crisp flesh, and sweet tartness, they could pass for a juicy, crunchy apple. Unlike other pears, they're picked ripe, so you can eat them right away. Try one sliced in a leafy green salad or slaw.

Needless to say, we're big pear fans. Have you seen our logo?

USApears.org

Photos: cynoclub/stock.adobe.com (top left), TGI Fridays (top right), Katie Sherwood/CSPi (bottom).



DISH of the month

Sweet & Savory Pear Salad

Whisk together 2 tsp. rice vinegar, 1 Tbs. reduced-sodium soy sauce, 1 tsp. grated ginger, 1 tsp. toasted sesame oil, and ¼ tsp. honey. Spoon over 8 cups salad greens and 1 sliced pear. Serves 4.

FOOD FAIL



Loaded Down

“And we mean loaded!” says TGI Fridays about its **Loaded Cheese Fry Burger**.

“American cheese, lettuce, tomato, red onions, pickles, piled high with loaded bacon-cheese fries & poblano queso. Skewered with our famous loaded potato skin.”

That's all? Too bad Fridays couldn't squeeze in a few wings, a slice of pizza, or a donut.

Still, the Loaded Cheese Fry Burger isn't skimpy. Alone, it sports 1,450 calories.

With fries for your side—why stop with the fries that are *on* the burger?—it hits 1,680 calories plus two days' worth of saturated fat (40 grams) and more than a 1½-day supply of sodium (3,890 milligrams). That's essentially *three* McDonald's Big Macs.

If you get bored with the Cheese Fry Burger, you can always try the 1,050-calorie **Philly Cheesesteak Burger** (“Loaded & piled high with layers of roast beef, onions, red & green bell peppers, melted cheese and topped with our Philly Cheesesteak Egg Roll”).

What's a burger without *more* beef on top?

“Stacked tall with flavor, these burgers go over the top,” says the chain. And if *you* go over the top, calorie-wise, meat-wise, white-bread-wise, salt-wise, etc.?

Not Fridays' problem.

TGIFridays.com



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