

Nutrition Action

MAY 2020 \$2.50

HEALTH LETTER®
CENTER FOR SCIENCE IN THE PUBLIC INTEREST

What's Your Healthspan?

Living longer...and healthier



Coronavirus
5 things to know

**FAST CARBS,
SLOW CARBS**

10 healthy staples
20 ways to cook them

M E M O

CONFRONTING COVID-19



The COVID-19 pandemic is putting the nation's public health infrastructure to the test. And the Center for Science in the Public Interest (CSPI), *Nutrition Action's* publisher, is responding to the crisis.

Along with practical advice for our readers (see p. 8), here are some actions we took in March, just before this issue went to press:

■ **Early call to action.** When the number of cases in this country was still in the double digits, I [joined](#) roughly 800 other public health, law, and human rights professionals to call on the administration to lessen the impact of the virus.

We spelled out an extensive set of measures, including increased funding and reliance upon the advice of scientific experts, that can safeguard the health and human rights of everyone.

■ **Support for low-income families.** CSPI has been pushing Congress to expand access to the Supplemental Nutrition Assistance Program and boost its benefits, which now average just \$1.40 per person per meal.

That's critical both to help families put food on the table and help revive the economy. We also urged the U.S. Department of Agriculture to make it easier to provide school meals to children while schools are closed.

■ **Paid sick leave.** Food service workers often work in crowded spaces, enabling the virus to spread even when restaurants convert to delivery or takeout only. But about three-fourths of food service workers lack paid sick leave, and over half report going to work sick.

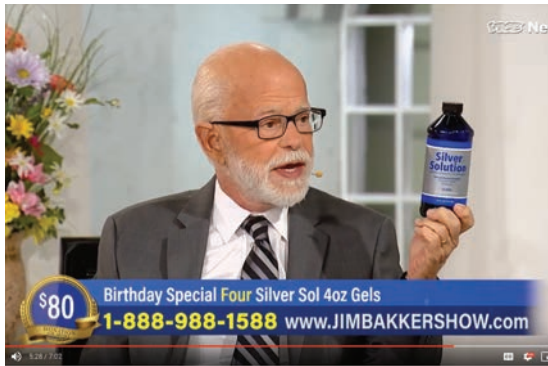
In March, CSPI [surveyed](#) the sick-leave policies of America's top 20 restaurant chains. A stunning 60 percent—including Burger King and Subway—had no publicly available sick-leave policy whatsoever.

Pandemic or not, we're urging Congress to pass legislation requiring paid sick leave for *all* workers, not just those in the restaurant industry. Without it, many families are forced to choose between protecting themselves and putting food on the table.

■ **Healthcare worker safety.** We're pushing the administration to [require employers](#) to supply masks, gloves, gowns, and other protective equipment to frontline healthcare workers and others at risk throughout the pandemic.

■ **Fake cures.** We're on the lookout for the inevitable hucksters who are using this virus to hawk unproven cures.

In February, we called on the [Food and Drug Administration](#) to stop televangelist



Pricey but useless. And "purified silver" can permanently turn your skin blue or gray.

Jim Bakker (yes, him) from pushing a fake "Silver Solution" virus cure.

Within two weeks, the FDA issued a warning letter to "The Jim Bakker Show" to stop selling what is essentially an unapproved drug for treating COVID-19.

CSPI is America's food and health watchdog. Rest assured that we will do everything we can to help protect your health until—and long after—this pandemic is behind us.

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

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

EDITORIAL

Peter G. Lurie, MD, MPH
Executive Editor

Bonnie Liebman, MS
Director of Nutrition

Stephen B. Schmidt
Editor-in-Chief

Lindsay Moyer, MS, RD
Caitlin Dow, PhD
Senior Nutritionists

Kate Sherwood
Culinary Director

Kaamilah Mitchell, BS
Project Coordinator

Jorge Bach
Art Director

BUSINESS & MARKETING

Jennifer Green-Holmes
Director of Business Operations

Chris Schmidt
Senior Circulation & Marketing Manager

Debra Brink
Senior Production Manager

SCIENCE ADVISORY BOARD

Kelly D. Brownell, PhD
Duke University

Caldwell B. Esselstyn Jr., MD
Cleveland Clinic Foundation

Stephen Havas, MD, MPH, MS
Northwestern University Medical School

Norman M. Kaplan, MD
Southwestern Medical Center
University of Texas, Dallas

JoAnn E. Manson, MD, PhD
Harvard Medical School

Julie Mares, PhD
University of Wisconsin

J. Glenn Morris, Jr., MD, MPH & TM
Emerging Pathogens Institute
University of Florida

Susan B. Roberts, PhD
USDA Human Nutrition Research Center
on Aging, Tufts University

Frank Sacks, MD
Harvard Medical School

Jeremiah Stamler, MD
Northwestern University Medical School

Regina G. Ziegler, PhD, MPH
National Cancer Institute

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.

SUBSCRIBER SERVICES

The cost of a one-year subscription or gift (10 issues) is \$24; two years are \$42. For bulk subscriptions: please write for details. To change your address: send us your subscriber number and your old and new address. If you don't want us to exchange your name: send us your name and mailing-label information.

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

For more offerings from *Nutrition Action*: store.nutritionaction.com

The contents of NAH are not intended to provide medical advice, which should be obtained from a qualified health professional. For permission to reuse material, go to copyright.com and search for Nutrition Action.

The use of information from Nutrition Action Healthletter for commercial purposes is prohibited without written permission from CSPI.

© 2020 Center for Science in the Public Interest.



What's Your Healthspan?

Living longer...and healthier

BY BONNIE LIEBMAN

It's easier to study lifespan than healthspan.

"Two years ago, we reported that people with five healthy habits—eating a healthy diet, exercising regularly, keeping a healthy weight, not drinking too much alcohol, and not smoking—live more than a decade longer than those with none of those

"People don't just want to live longer," says Frank Hu, chair of the nutrition department at the Harvard T.H. Chan School of Public Health. "They want to live longer without a major chronic disease." His team has examined what it takes to lengthen not just your lifespan, but your "healthspan." How does your lifestyle stack up?

habits," says Harvard's Frank Hu.¹

But living an extra decade burdened by illness is far worse than spending another ten years in good health.

"So in our new study, we re-ran our

analysis to look at life expectancy free of cancer, cardiovascular disease, and type 2 diabetes," explains Hu.

Of course, those three illnesses aren't the only threats to your health.

"You could argue that a respiratory disease like emphysema or a neurodegenerative disease like Alzheimer's is also very important for quality of life,"

says Hu. "But we don't have sufficient data to estimate life expectancy with or without those conditions."

You can see how each of your habits—smoking, weight, alcohol, diet, and exercise—might individually affect your life expectancy at age 50 (see "How Are You Doing?").

But Hu's study, which tracked roughly 111,500 people for 28 to 34 years, also looked at the impact of several healthy habits together.

The upshot: a 50-year-old woman with at least four of the five "low-risk" habits could expect to live to age 84 before getting cancer, cardiovascular disease, or type 2 diabetes.

In contrast, a woman with none of the low-risk habits could expect to live to age 74 without those illnesses. A low-risk man could expect

How Are You Doing?

Use the graphs below to see how smoking, weight, alcohol, diet, and exercise might affect the number of years you live (after age 50) with—or without—cancer, cardiovascular disease (CVD), or type 2 diabetes. For example, a 50-year-old woman who never smoked is likely to live another 37 years, roughly 30 of them without cancer, CVD, or diabetes. Go to the box on p. 4 to find your BMI (body mass index) and the box on p. 5 to find your Diet Quality Score.

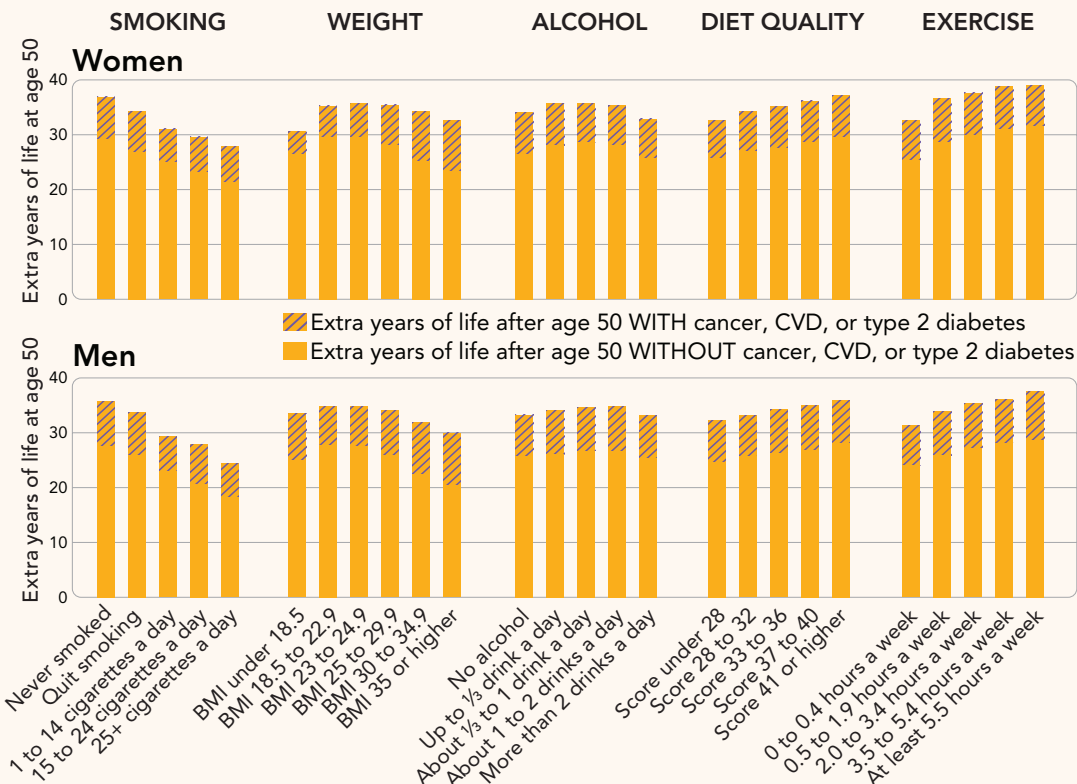
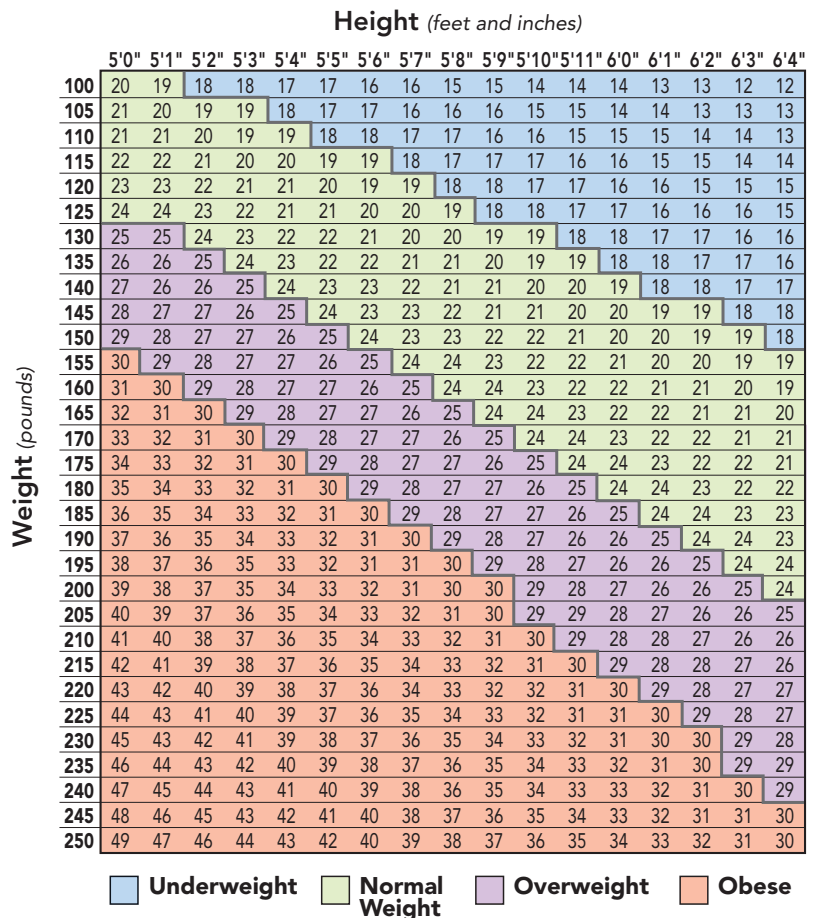


Photo: Valerii Honcharuk/stock.adobe.com. Graph: Adapted from [BMJ 2020, doi:10.1136/bmj.6669](https://doi.org/10.1136/bmj.6669).

Size Up Your Weight

Your body mass index (BMI) gauges your weight in relation to your height. To see which BMI group you fall into, find where your height and weight intersect. (Or just google “BMI calculator.”) Although a BMI between 18.5 and 24.9 is considered healthy, the risk of type 2 diabetes starts to climb within that range.



Note: BMI shouldn't be used to evaluate the weight of children, the frail elderly, serious bodybuilders, or pregnant or breastfeeding women. If your extra weight comes from muscle, not fat, you may have a high BMI even though you're healthy. Frail or older people may be unhealthy even though they have a low or "healthy" BMI.

← Check the **graphs on p. 3** to see how your BMI stacks up.

to live, disease-free, to age 81, rather than age 74.²

“That’s really good news,” says Hu. “It means that people who practice these healthy lifestyle habits don’t just live longer, but better.”

Here’s how the researchers defined the five healthy habits:

■ **Smoking.** Only people who never smoked were considered “low-risk.”

“Smoking is the single most important risk factor for dying of these illnesses,” says Hu.

Smoking not only boosts the risk of at least a dozen cancers plus heart disease, stroke, and diabetes. It also causes 80 percent of deaths from emphysema and other chronic obstructive pulmonary diseases (which Hu’s study didn’t count).

■ **Weight.** “Low-risk” meant a “healthy weight”—that is, neither too high nor too low (see “Size Up Your Weight”).

Why are underweight people at risk?

“People can be underweight and healthy,” notes Hu. “But chronic smokers tend to be underweight.” And being underweight can be a sign of trouble.

“Some underweight people may have undetected cancer or neurodegenerative disease,” says Hu.

“For example, we find that people who are diagnosed with Parkinson’s disease began to lose weight several years before the clinical diagnosis. An illness like that may explain the lower life expectancy for some underweight people.”

■ **Alcohol.** “Low-risk” meant 1/3 to one serving of beer, wine, or liquor per day for women and 1/2 to 2 servings per day for men. Those who drink more—or less—have a higher risk. Why?

“Alcohol consumption has some potential cardiovascular benefits,” says Hu. “But it’s also harmful.”

The people in his study didn’t drink much, he notes. “The women averaged roughly one drink every other day, and the men averaged about one drink per day. So we’re talking about pretty light to moderate consumption.”

The main message: don’t overdo it.

“Alcohol is a carcinogen, and it increases the risk of injury and accidental

causes of death,” says Hu. “So we don’t want to encourage non-drinkers to start drinking or drinkers to drink more.”

■ **Diet.** “Low-risk” meant a score on the Alternate Healthy Eating Index (AHEI) in the top two-fifths—that is, the top 40 percent—of all study participants.

You can get a rough estimate of your AHEI using the “What’s Your Diet Quality Score?” box on p. 5. Just keep in mind that our simplified version omits estimates about some nutrients—like polyunsaturated fats and sodium—be-

cause a short questionnaire can’t get a good read on how much of each you typically eat.

Nonetheless, “a simplified version—with food, but no nutrients—should capture the dietary pattern very well,” says Hu.

■ **Exercise.** “Low-risk” meant at least a half hour a day (or 3½ hours a week) of moderate-intensity aerobic exercise like brisk walking. But even people who report just a half hour a *week* live longer than those who do none.

“Even a moderate increase in physical activity can be beneficial,” says Hu. “Being sedentary is terrible for your health.”

And the more you do, the better. “People in the highest categories—basically one hour of moderate-to-vigorous physical activity per day—live five or six years longer than the most sedentary group,” notes Hu.

Of course, something else about people who have a healthy lifestyle could explain their longer lives. (That’s a common limitation of observational studies.)

“Other behavioral factors—like better sleep habits—tend to accompany healthy lifestyles,” says Hu. “But only a very strong risk factor could explain the impact of these five lifestyle factors.”

What’s more, the researchers “adjusted” for other factors like age, ethnicity, and a family history of diabetes, heart attack, or cancer. They also accounted for taking multivitamins, aspirin, and (for women) hormones.

And the results fit with other evidence. “We know that 80 percent of cardiovascular disease and 90 percent of type 2 diabetes are attributable to major lifestyle factors,” says Hu.

Cancer isn’t as clear-cut. “Overall, smoking has the strongest effect,” says Hu. Lung cancer is only one of a dozen cancers that it causes.

“And obesity is linked to a higher risk of several major cancers,” he adds. “But the effects of diet and physical activity on cancer are more subtle than they are on type 2 diabetes and cardiovascular disease.”

However, among people in Hu’s study who had cancer, roughly 40 percent of those with four or five healthy habits—but only 15 percent of those with none—were alive after 32 years.

People with diabetes and cardiovascular disease also lived longer if they had healthy habits.

“These lifestyle habits may not only delay the onset of those diseases but also improve the survival of people who already have them,” says Hu. 🍌

¹ *Circulation* 138: 345, 2018.
² *BMJ* 2020. doi:10.1136/bmj.l6669.

What's Your DIET QUALITY SCORE?



Want a rough estimate of where your diet stands on a simplified version of the Alternate Healthy Eating Index? Enter your points for each question below. Then add them up to get your Diet Quality Score.

Write your score in each box
 (Maximum score per box = 10 points)

VEGETABLES

Count 2 points for each serving you eat per day (up to 5 servings).

1 serving = 1 cup green leafy vegetables or ½ cup all other vegetables. (Do not count white potatoes.)

FRUIT

Count 2½ points for each serving you eat per day (up to 4 servings).

1 serving = 1 piece of fruit or ½ cup berries. (Do not count fruit juice.)

WHOLE GRAINS

Count 2 points for each serving you eat per day (up to 5 servings).

1 serving = ½ cup whole-grain rice, bulgur, cereal, or pasta or 1 slice bread.

SUGARY DRINKS & FRUIT JUICE

Count 10 points if you drink 0 servings per week.

Count 5 points for 3–4 servings per week (½ serving per day).

Count 0 points for 7 or more servings per week (1 serving per day).

1 serving = 8 oz. fruit juice, sugary soda, or sweetened tea, coffee drink, energy drink, or sports drink.

NUTS & BEANS

Count 10 points if you eat 7 or more servings per week (1 serving per day).

Count 5 points for 3–4 servings per week (½ serving per day).

Count 0 points for 0 servings per week.

1 serving = 1 oz. nuts, 1 Tbs. peanut butter, ½ cup beans, 3½ oz. tofu.

RED & PROCESSED MEAT

Count 10 points if you eat 0 servings per week.

Count 7 points for 3–4 servings per week (½ serving per day).

Count 3 points for 7 servings per week (1 serving per day).

Count 0 points for 1½ servings per day.

1 serving = 1½ oz. processed meat (bacon, ham, sausage, hot dogs, deli meat) or 4 oz. red meat (steak, hamburger, pork chops, etc.).

SEAFOOD

Count 10 points if you eat 2 servings per week.

Count 5 points for 1 serving per week.

Count 0 points for 0 servings per week.

1 serving = 4 oz.

TOTAL



Check the **graphs on p. 3** to see how your Diet Quality Score stacks up.

Adapted from: *J. Nutr.* 142: 1009, 2012.

FAST CARBS

Are they hijacking our health?

Bread, bagels, buns, breakfast cereals, pizza crust, pancakes, pretzels, pastries, chips, cookies, cakes, ice cream, soda. Most are made with highly processed white flour, sugar, or both. Are those “fast carbs” harming us?



David Kessler is former commissioner of the Food and Drug Administration, former dean of the Yale University Medical School and the University

of California, San Francisco Medical School, and a physician. He chairs the Board of Directors of the Center for Science in the Public Interest, which publishes *Nutrition Action*. He spoke to NA's Bonnie Liebman about his new book, *Fast Carbs, Slow Carbs: The Simple Truth about Food, Weight, and Disease*.

Q: Why did you write your new book, *Fast Carbs, Slow Carbs*?

A: People hear about different diets, and they're confused. The goal was to simplify what we can all agree on.

The book comes down to three basics. If you markedly reduce fast carbohydrates, lower your blood levels of LDL—or low-density lipoproteins—and engage in moderate-intensity exercise, that should have a profound effect on your health.

Q: What are fast carbs?

A: Fast carbs are sugars and rapidly digestible starches like white flour and white potatoes. They're any carbs that are digested in the upper part of the gastrointestinal tract.

Slow carbs are vegetables, fruit, legumes, and other carbs that resist complete digestion until they move further

down the GI tract.

By destroying the inherent structure of food and turning it into highly processed fast carbs that can be digested rapidly, I believe that we are damaging our bodies.

Q: Are you talking about stripping the bran and germ from whole grains?

A: Yes. Anything made of refined flour is a fast carb. But even some foods that are made with whole-grain flour can be fast carbs if processors add a second step, called extrusion cooking. And there's no way to be sure from labels if a food has been extruded.

Extrusion cooking uses intense heat and mechanical shear forces to pummel and fragment the grain's starch granules into an ultrafine powder.

The starch molecules are unpacked and broken down into dextrins, which are shorter chains of glucose. So when you eat them, it's as though they were predigested.

Q: Why does that matter?

A: First, you're not chewing as much, so the food goes down in a whoosh.

In a well-controlled study, people ate more quickly and consumed more food when they were offered highly processed foods instead of unprocessed foods.

Q: And they gained weight?

A: Yes. Second, in processed foods, these predigested

starches are a delivery vehicle for fat, sugar, and salt.

That makes them irresistible to many people. So fast carbs hijack the appetite, which can also speed eating rate.

As a former industry food designer once told me, by adding fat, sugar, and salt to easy-to-chew refined flour, you create the perfect caloric torpedo.

Q: Why does it matter where carbs get absorbed?

A: Fast carbs get absorbed quickly in the upper part of the small intestine, so they never get to the lower part of the small intestine, where they could stimulate release of GLP-1, a hormone that leads to feelings of fullness. So fast carbs bypass the GI tract's normal mechanisms of making you feel full.

Q: Do we eat a lot of fast carbs?

A: They're a staggering percentage of the calories we consume. We're eating some 1,000 calories a day of these overly digestible carbs and probably another 500 calories of fat from oil, much of it mixed in with processed carbs.

Q: Are some people at greater risk?

A: Yes. Fast carbs are clearly detrimental for someone with type 2 diabetes. They elevate blood glucose and blood insulin levels more than slow carbs. They're

adding fuel to the fire.

If you remove fast carbs, you can lower elevated levels of glucose, insulin, and hemoglobin A1c, a long-term measure of blood glucose. When Australian researchers put people with type 2 diabetes



Fast carbs supply nearly half our calories.

Photos: Nabisco (Oreos), stock.adobe.com; m.u.ozmen (fries), mark_ka (pizza), mubus (chips), dreambigphotos (pretzel), peperompe/pixabay.com (sandwich), beats_ (bottom).

and obesity on a healthy low-carb diet, they were able to cut down on medications [see Dec. 2019, p. 3].



Grilled chicken with healthy slow carbs.

Q: What about people without type 2 diabetes?

A: I don't think anyone asked: What is the effect of flooding the body with a never-ending supply of rapidly absorbable glucose?

That's pretty astounding, especially when 87 percent of adults don't meet guidelines for blood glucose, blood lipids, weight, or blood pressure. For the vast majority of us who are overweight or obese, what is the effect of destroying the structure of foods?

I would argue that fast carbs are toxic. Just look around. Our diet has shifted so that a significant portion is these processed fast carbs, and the results are devastating.

Q: The Australian scientists studied a diet low in all carbs. Have studies tested fast versus slow carbs?

A: Researchers have reported that people who ate higher-quality carbs—for example, those with more fiber and less starch—were less likely to develop type 2 diabetes. How many carbs they ate wasn't linked to diabetes.

My sense is that fast carbs are probably detrimental for people with prediabetes. That's 90 million of us.

Q: So people needn't limit slow carbs?

A: There's no need to. I have no problems with vegetables and legumes. They're the antithesis of rapidly digestible glucose.

Vegetables like broccoli, cauliflower, and leafy greens are high in fiber and low in starch. And the fiber in legumes like beans, lentils, and chickpeas makes their starch more resistant to digestion.

Q: What about fruit and whole grains?

A: Processed fruits like juices and fruit

concentrates are problematic, but if the fruit's structure is maintained, the advantages outweigh the disadvantages.

Is a portion of those carbs rapidly absorbed? Sure. But it's relatively small.

And I'm a big fan of intact whole grains like bulgur, rolled or steel-cut oats, quinoa, barley, buckwheat, and wheat berries. As long as the intact structure is there, it fits perfectly in a healthful diet. We went astray when we destroyed the natural structure of foods.

Q: Why do low-density lipoproteins matter?

A: I've spent a lot of time studying the clinical data on atherosclerotic heart disease. We now know that LDL particles are in the chain of events that cause heart disease. The data from randomized controlled trials on drugs show that the lower your LDL, the lower your risk.

Q: What about lowering LDL with diet?

A: By moving to a plant-based diet or replacing saturated fats with unsaturated fats, we can reduce LDL.

It's reasonable to believe that if you can reduce LDL particles by either mechanism—diet or drugs—that can markedly reduce atherosclerotic heart disease. My goal is not to stay where we are. It's to get everyone's LDL down.

Q: How low?

A: People should check with their doctor. But if you ask cardiologists, they're trying to get LDL levels down to 70, and certainly

below 100. The average is now 112, but nearly 30 percent of us have levels of 130 or higher.

We can't wipe out all atherosclerotic cardiovascular disease. But if we could get everyone's LDL down to 70, we could prevent the majority of atherosclerotic heart disease. But remember, it's a lifetime burden.

Q: We have to start early in life?

A: Yes. You start accumulating LDL particles in your artery walls when you're a teenager and a young adult. It's like pack-years for smoking—how many packs of cigarettes you smoke for how many years. For some people, it's not easy to reverse 40 or 50 years of LDL accumulation.

Q: What's your exercise advice?

A: Aim for at least 30 to 60 minutes a day of aerobic exercise at a moderate level of intensity like brisk walking. If you exercise more vigorously, you can gain the same benefit in perhaps half the time.

Strengthening your muscles with

resistance training at least twice a week is also important.

Q: Why does exercise matter?

A: It's hard to maintain lost weight without exercise.

When you lose weight, the body lowers its resting metabolic rate. Exercise helps you burn more calories, and it gives you a safety valve for any excess calories you consume.

Exercise also helps

to maintain insulin sensitivity. In type 2 diabetes or prediabetes, blood glucose levels stay elevated because our cells aren't sensitive to the insulin we make. Exercise helps the muscles take up more glucose from the blood.

And it's essential for a healthy heart. 🍏



Exercise helps muscles use insulin.

CORONAVIRUS

5 THINGS YOU SHOULD KNOW

BY BONNIE LIEBMAN

Only five things? Clearly, we'd all like to know far more about COVID-19 and the coronavirus that causes it. Here's some of what we had learned by early April, just before this issue of *Nutrition Action* went to press.

1 The virus dies off rapidly on surfaces.

In one study, *some* virus survived for:

- 3 days on stainless steel or plastic
- 1 day on cardboard
- 4 hours on copper

But the virus dies off quickly. Only 1/1,000 of the initial virus load was left by day 2 on stainless steel and by day 3 on plastic.¹ Half was gone after 6 to 7 hours on those two surfaces.

How much is enough to make you sick? It's not clear. But less virus means less risk. So don't worry about days-long contamination.

Ditto after shopping or unpacking food deliveries.

"Because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from food products or packaging," says the Centers for Disease Control and Prevention.

To play it safe, wash your hands with soap and water, so any surviving virus never reaches your eyes, nose, or mouth.

2 Know the symptoms.

Worried that your headache or stuffed nose are COVID-19 symptoms?

Among 1,099 hospitalized patients in China, the most common symptoms were coughing and fever (see graph).²

Though 44 percent of patients had a fever when they entered the hospital, 89 percent eventually developed one.

And many fevers weren't high. Half (56 percent) were under 99.5°F when patients reached the hospital. Only 4 percent of fevers were over 102°F.

In late March, researchers at King's College London reported a new symptom after analyzing data on 1.5 million people who used its COVID Symptom Tracker app.

Of the 1,702 people who said they had been tested for the virus, nearly 60 percent of those who tested positive—but only 18 percent of those who tested negative—reported losing their sense of smell and taste.³ (The loss seems to be

ing germs. That's why social distancing is crucial.

4 Don't worry about catching the virus from food.

Keep eating those fruits and vegetables. (As always, wash them under running water first.) So far, outbreaks have been traced to contact with other people, not to eating contaminated food. That makes sense. This virus causes severe illness by infecting the respiratory tract, not the gut.

5 No foods or supplements can ward off the virus.

Heard that this or that food or supplement can boost immunity to the coronavirus? Ignore it.

Virtually every nutrient is essential for a healthy immune system. So just about any vitamin label can claim to "support" or "enhance" immunity.

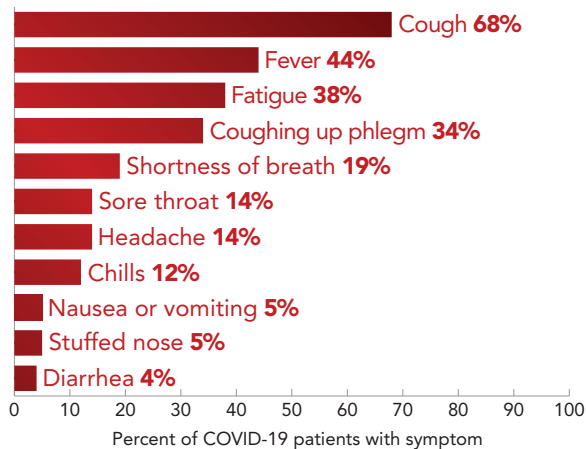
But unless you're truly deficient in a vitamin or mineral—unlikely for most Americans—there's little compelling evidence that taking more helps.

Ditto for non-vitamin supplements. If a miracle cure or immune booster is found, you'll hear about it from the CDC, not a supplement seller.

Over the long run, a healthy diet—rich in vegetables, fruits, beans, nuts, and whole grains and low in sweets and red meats—can help lower the risk of heart disease, type 2 diabetes, and high blood pressure. Having any of those raises the odds that the virus causes a more severe illness.

But no single food can fire up your immune system. 🍌

COVID-19 Symptoms in China



temporary.) But the data—they're not yet peer reviewed—are still preliminary.

Of course, many people who get tested for COVID-19 don't have the virus, even though they have symptoms.

3 You could be contagious before you know it.

Symptoms typically appear 4 to 7 days after you're exposed, but it could take anywhere from 2 to 14 days.⁴

However, some people are contagious *before* they get symptoms.⁵ In fact, some patients never get symptoms at all.⁶

So you may feel fine but still be spread-

¹ *N. Engl. J. Med.* 2020. doi:10.1056/NEJMc2004973.

² *N. Engl. J. Med.* 2020. doi:10.1056/NEJMoa2002032.

³ [kcl.ac.uk/news/loss-of-smell-and-taste-a-key-symptom-for-covid-19-cases](https://www.kcl.ac.uk/news/loss-of-smell-and-taste-a-key-symptom-for-covid-19-cases).

⁴ *N. Engl. J. Med.* 382:1199, 2020.

⁵ *N. Engl. J. Med.* 382:970, 2020.

⁶ *N. Engl. J. Med.* 382:1177, 2020.

Quick Studies

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

Got an Hour to Exercise?



Just one hour of strength training may help people with prediabetes. Scientists had 10 sedentary overweight or obese middle-aged men with prediabetes either rest or begin a one-hour bout of strength training 4½ hours before a late lunch.

The men did 3 sets of 7 exercises—leg presses, knee extensions, chest presses, shoulder presses, seated rows, pull downs, and bicep

curls. Each set included 10 to 12 repetitions at 80 percent of each man's "one-repetition maximum" (the maximum weight he could lift).

After the meal, insulin and triglyceride levels were lower on the exercise day than on the rest day. The men also burned more fat on the exercise day.

What to do: Whether or not you have prediabetes, try the Mayo Clinic's strength exercise videos (go to mayoclinic.org/2x5y9CR). You can do them at home.

Diabetologia 63: 611. 2020.

Keeping Lungs Young

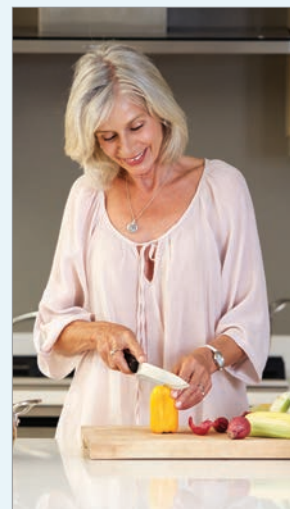
Excess weight can age your lungs. Researchers measured the lung capacity of 3,673 adults 3 times over 20 years, starting when they were aged 20 to 44. While lung capacity declines with age, it dropped more in those whose weight gain was "moderate" (about ½ to 2 pounds per year) or "high" (more than 2 pounds per year) than in those who stayed at a healthy weight.



What to do: Try to keep your weight from creeping up over time.

Thorax 2020. doi:10.1136/thoraxjnl-2019-213880.

Eat Healthy, Stay Strong



Can a healthy diet ward off frailty as you age?

Researchers tracked nearly 72,000 women aged 60 or older for roughly 20 years. They sized up the women's diets by seeing how they stacked up against the Alternate Healthy

Eating Index (AHEI), the Dietary Approaches to Stop Hypertension diet (DASH), and the alternate Mediterranean diet (AMED).

Women with the highest scores on each diet had about a 20 percent lower risk of frailty than those with the lowest scores. High scores on each were linked to a lower risk of four components of frailty: fatigue, difficulty climbing stairs, inability to walk several blocks, and unintentional weight loss.

What to do: Aim for a healthy diet. Though this study can't prove that it will prevent frailty, it should lower your risk of heart disease and type 2 diabetes.

Am. J. Clin. Nutr. 2020. doi:10.1093/ajcn/nqaa028.

Gut Change?

Can certain diets help you lose weight by changing your gut microbes, as some people claim?

Two years ago, when researchers randomly assigned 609 overweight or obese people to healthy low-fat or low-carb diets for a year, both groups lost the same amount of weight (see May 2018, p. 11).

Now scientists have gone back

to look at the gut microbes of 49 of the participants. The results:

Microbes changed after 3 months on each diet, but neither those changes nor the participants' original gut microbes predicted how much weight they lost after a year. And in both groups, gut microbes returned to their original state within 6 months, even though most participants stayed on their diets.

What to do: Until we know more, be skeptical of claims that diets—or probiotics—can change your gut over the long term. 🍌

Am. J. Clin. Nutr. 2020. doi:10.1093/ajcn/nqaa046.

Ad Absurdum

BY LINDSAY MOYER & BONNIE LIEBMAN

It's hard enough for people to eat a healthy diet. Yet food companies make it tougher by bombarding us with ads that twist the truth *just* enough to make whatever they're selling stand out. Gee, thanks.

Here's the latest set of marketing ploys.

Burger King Breaks the Mold



"Burger King, *are you okay?*" asked the [Washington Post](#) in an article on the **Burger King Whopper** ad.

It's not clear if customers—even those who care about artificial preservatives—will ever shake that image of a burger slowly decaying into hairy green mold. Or if "the beauty of no artificial preservatives" means that customers *should* expect Whoppers to be moldy.

But image aside, the changes that the chain is making to its signature burger are (yawn) trivial.

Burger King will now add lactic acid instead of sodium benzoate to the pickles, use cultured wheat flour instead of calcium propionate in the bun, and cut the EDTA out of the mayo.

Fine. But sodium benzoate, calcium propionate, and EDTA are safe for most people. (Benzoate can cause reactions like hives in people who are sensitive to it.)

And is a food any healthier because it replaces calcium propionate with bacterial cultures that *make* propionate (or its close cousin, propionic acid)? Or does it just *sound* better for you?

Apparently, that's the name of the game.

C Scam



"Antioxidant vitamin C makes our Lipton green tea even better," says the [TV ad](#) featuring **Lipton Citrus Green Tea**.

Really? How does a dose of vitamin C make a bottle of mostly water and sugar better?

Odds are, the tea's 100 liquid calories won't curb your appetite for other foods, so you'll end up with a surplus.

Vitamin C can't fix that. Its goal: to give a sugary drink a health halo.

Not Veggie Nice



"Who here loves vegetables?" ask the guys from [Perdue](#) as they enter a cafeteria full of schoolchildren. Boos and eews all around.

"Who likes chicken nuggets?" Yay, shout the kids, who gobble them up...until the Perdue folks ask, "How did you guys like the vegetables in the chicken nuggets?" Shock and dismay.

"New **Perdue Chicken Plus**," says the voice-over, "with a quarter cup of veggies hidden in every serving."

Thanks, Perdue, for perpetuating the idea that children hate vegetables. If they didn't before, this ad may do the trick. Veggie-bashing aside, what's in those two lines of teensy type at the end of the ad?

First, the fine print explains that the "100% all natural ingredients" on the label isn't really 100%. "No artificial ingredients except for texturized wheat protein," it clarifies.

Then comes this: "One serving of this product does not provide a full serving of vegetables (½ cup). The USDA recommends 2½ cups of vegetables daily."

So instead of trying to find out which delicious veggies their kids like, parents should sneak four tablespoons' worth into a serving of chicken nuggets?

Good plan...if your only goal is to sell chicken.

The Fine Print

“1 bowl & you’re good till lunch,” says the Kellogg’s Frosted Mini-Wheats ad.

Kind of sounds like Mini-Wheats keep you full longer than some other breakfast foods. But wait! See that fine white print?

“With 2% milk, at least half of adults had a lower desire to eat than before breakfast for 3½ hours.”

Translation: People who ate Mini-Wheats with milk were less hungry after breakfast than before.

Wouldn’t that be true for, well, *any* breakfast? We asked Kellogg for details about the study’s design.

“We are working on a response,” they told us the following week.

A week after that, as we were approaching our deadline, came this: “We will not be able to provide a response within the next couple weeks.”

Is it *that* complicated? Or just embarrassing?



Super Surplus



“The antioxidant goodness in every bottle of POM Wonderful makes it a potent weapon against free radicals,” says the [TV ad](#).

The backstory: In 2015, a federal appeals court [ruled](#) that POM had too little evidence to claim that pomegranate juice can treat or prevent prostate cancer, heart disease, or erectile dysfunction. The POM-has-antioxidants claim may be the only one left. But can antioxidants treat or prevent any disease? Not as far as we know.

What we *do* know: Each 16 oz. bottle has 320 calories. And, like any liquid calories, they’re likely to pad your daily intake. Not the superpower you were hoping for?

A Little Bit Sneaky

“A little bit nutty. A whole lot yummy. Nothing else like it!” boasts the ad for Arnold Oatnut Bread.

A *little bit* nutty is right. The bread has more yeast than any of its nuts (hazelnuts, walnuts, almonds).

What’s more, that can’t-miss “Whole Grains” on the label may lead shoppers to expect no white flour (wrong, though it does have more whole wheat than white).

And Arnold boasts about the “27g Whole Grains per 2 Slices” while highlighting the calories (120) in just 1 slice.

“No added nonsense,” says the label. Nope. Just your typical Madison Avenue tricks.

Not So Natural

“Now fun & natural come together,” says the ad for Lunchables Natural Turkey & Cheddar with Crackers & Double Stuf Oreo Cookies.

Natural?

Can you see that barely visible kite-string-sized line in the grass at the very bottom of the ad? It’s actually a sentence: “No artificial ingredients, minimally processed, except for crackers and treat.”

So only *half* the lunch is natural? And who cares if the turkey is “natural” when it still gets added nitrates and nitrites from cultured celery juice.

It’s more like “fun & fool-the-parents come together.” 🍌




The Healthy Cook

Cake for Dinner



No tilapia? You can use any white fish, fresh or canned salmon, or shrimp. To help the cakes hold together, cut the vegetables very small. Or chop them, then pulse in a food processor (separate from the fish). 🍷

Fish Cakes

 SERVES 4

- 1 lb. tilapia fillets, chopped
- 1/3 cup small-dice celery
- 1/3 cup small-dice white onion
- 1/3 cup small-dice bell pepper (any color)
- 2 Tbs. mayonnaise
- 1 Tbs. whole-grain mustard
- 2 Tbs. minced fresh dill (optional)
- 1/4 tsp. kosher salt
- 1 Tbs. + 1 Tbs. extra-virgin olive oil
- 1/2 lemon, cut into wedges

1. In a food processor, pulse the fish in 2 batches until evenly minced. Pulse each batch 2–3 times for a few seconds each time. Don't overprocess the fish into a paste. (Skip this first step if you're using canned salmon.)
2. In a large bowl, mix together the celery, onion, bell pepper, mayonnaise, mustard, dill, and salt. Add the fish and stir to combine. Form the mixture into 12 cakes. (Each cake should measure around 1/4 cup.)
3. In a large nonstick pan, heat 1 Tbs. of the oil over medium heat until shimmering. Sauté half of the cakes until lightly browned on both sides, about 2 minutes per side. Repeat with the remaining 1 Tbs. of oil and remaining cakes.
4. Serve with the lemon wedges.

PER SERVING (3 cakes): calories 230 | total fat 15 g | sat fat 2.5 g | carbs 3 g | fiber 1 g | total sugar 1 g | added sugar 0 g | protein 22 g | sodium 290 mg

Photo: Jennifer Urban & Kate Sherwood/CSPIN

Want more
savory cakes?

Go to nutritionaction.com/cakes
for Zucchini Scallion Pancakes &
Spiced Root Vegetable Cakes

Need cooking
advice?

Write to Chef Kate at
healthycook@cspinet.org

THE NEW STANDBYS

Healthy staples
for your pantry, freezer, & fridge

BY KATE SHERWOOD & LINDSAY MOYER



It's "a boom time for the bean industry," reported the [New York Times](#) in March. As the coronavirus pandemic swept across the country, shoppers cleared supermarket shelves of beans, grains, and frozen vegetables.

Minimizing store trips? Here are 10 healthy staples to stock year-round—pandemic or not—and 20 of our favorite recipes to get you started.



CANNED BEANS

Why they're a standby

Fiber, protein, potassium, magnesium, folate, iron. It's no surprise that beans are superstars. Just half a cup of most beans has around 6 to 8 grams of fiber.

To skip the sodium, look for "no salt added." "Low sodium" means no more than 140 mg per half cup. Our go-to brand, for its firm texture: Goya.

Cannellini Beans & Spinach

Sauté 1 Tbs. minced garlic in 2 Tbs. olive oil for 1 minute.

Stir in 1 15 oz. can no-salt-added cannellini beans with their liquid and 5 oz. baby spinach (or 1 cup thawed frozen spinach). Season with a squeeze of lemon juice, ¼ tsp. kosher salt, and freshly ground black pepper. Serve with ¼ cup grated parmesan. Serves 4.

Chickpea & Cherry Tomato Salad

Combine ¼ cup small-dice red onion with 2 Tbs. red wine vinegar, ½ tsp. kosher salt, and ½ tsp. sugar. Toss with 1 pint chopped cherry tomatoes, 1 15 oz. can drained and rinsed no-salt-added chickpeas, 2 Tbs. olive oil, and freshly ground black pepper. Serves 4.



LENTILS & DRY BEANS

Why they're a standby

Like other legumes, lentils are nutrient powerhouses. But unlike other legumes, lentils cook in just 15 to 25 minutes—no soaking needed. And red lentils and split peas cook in just 10 to 15 minutes.

For how to cook lentils and other dry beans, go to nutritionaction.com/drybeans.

Black Lentil & Walnut Salad

Whisk together 1 tsp. lemon zest, 2 Tbs. lemon juice, 1 tsp. dijon mustard, 2 Tbs. olive oil, and ½ tsp. kosher salt. Toss with 2 cups cooked black lentils, 1 cup sliced celery, and ¼ cup chopped toasted walnuts. Serves 4.

Red Lentil Curry

Sauté 1 diced onion in 3 Tbs. olive oil until lightly browned. Stir in 1 Tbs. minced garlic, 1 Tbs. grated ginger, and 1 Tbs. curry powder. Cook, stirring constantly, for 1 minute. Stir in 1 15 oz. can no-salt-added diced tomatoes, 1 cup red lentils, and 3 cups water. Simmer, stirring often, until the lentils begin to thicken the stew, about 15 minutes. Season with ¾ tsp. kosher salt. Serves 4.



FROZEN EDAMAME

Why it's a standby

Edamame are shelled green soybeans. They supply a little more protein than other beans. The taste? Think firmer, yummiest limas. Frozen edamame is blanched, so it cooks quickly. Just thaw it for salads.

Edamame & Avocado Salad

Whisk together 1 Tbs. rice vinegar, 2 Tbs. reduced-sodium soy sauce, 1 tsp. toasted sesame oil, 2 tsp. grated ginger, and 1 minced scallion. Toss with 4 cups salad greens, 2 cups thawed frozen edamame, 1 diced avocado, and 1 cup diced cucumber. Sprinkle with 1 Tbs. sesame or sunflower seeds. Serves 4.

Edamame Succotash

Sauté 1 cup each thawed frozen corn kernels, diced onion, and diced red bell pepper in 1 Tbs. olive oil and 1 Tbs. butter until sizzling hot. Stir in 1 cup thawed frozen edamame and 1 cup chopped cherry tomatoes. Season with ½ tsp. paprika and ¼ tsp. kosher salt. Serves 4.



BULGUR

Why it's a standby

Say hello to your new side dish. Bulgur—quick-cooking dried cracked wheat—has twice the fiber of brown rice. Check the bulk bins. No bulgur? Try quinoa or whole-wheat pearl couscous. All cook in 10 to 15 minutes.

Fruit & Nut Tabbouleh

Combine 2 cups cooked bulgur, ½ cup chopped fresh parsley, ¼ cup chopped fresh mint or cilantro, ¼ cup diced dried apricots, ¼ cup toasted slivered almonds, 2 Tbs. olive oil, 1 Tbs. lemon juice, and ¼ tsp. kosher salt. Serves 4.

Sun-Dried Tomato Bulgur

Bring 1¼ cups water and ¾ cup bulgur to a boil. Reduce the heat to a simmer and cook for 10 minutes. Stir in ¼ cup chopped sun-dried tomatoes, ¼ cup crumbled feta, and 3 sliced scallions. Season with ¼ tsp. kosher salt and freshly ground black pepper. Serves 4.



NUTS & SEEDS

Why they're a standby

Nuts and seeds—and their butters—have plenty to offer: healthy fat, protein, magnesium, zinc, and vitamin E. Toasting nuts makes them more flavorful. Toast in the oven at 325°F for 8–15 minutes, but watch them closely.

Peanut Dressing

Whisk together ⅓ cup peanut butter, ¼ cup lime juice, ¼ cup reduced-sodium soy sauce, 1 Tbs. toasted sesame oil, 2 tsp. brown sugar, and 1 minced red chile (optional). Drizzle on salads, noodles, or lettuce wraps.

Makes 15 Tbs.

Barley with Spinach Pesto

Combine in a food processor 2 cups baby spinach or kale, ½ cup thawed frozen peas, ¼ cup toasted pine nuts or cashews, ¼ cup olive oil, ¼ cup grated parmesan, 1 clove garlic, and ¼ tsp. kosher salt. Pulse until uniformly minced. Toss with 2 cups cooked grains (like pearl barley or farro). Serves 4.



CABBAGE

Why it's a standby

Green or red cabbage is a nutritious way to bulk up dishes for next-to-no calories (20 per cup). Bonus: A whole (uncut) head can stay crisp in your refrigerator for weeks. Or try more delicate Napa or savoy cabbage. They won't last as long, but they're milder, sweeter, and easier to cut.

Zesty Cabbage Salad

Whisk together the zest and juice of ½ lemon and ½ orange with ¼ tsp. kosher salt, 2 Tbs. olive oil, 2 Tbs. mayonnaise, and 1 tsp. dijon mustard. Toss with 8 cups finely shredded cabbage and/or kale. Sprinkle with ¼ cup chopped smoked almonds. Serves 4.

Moo Shu Cabbage

Stir-fry 2 cups sliced shiitake or cremini mushrooms in 1 Tbs. peanut oil until lightly browned, about 2 minutes. Mix together 1 Tbs. reduced-sodium soy sauce and 1 tsp. hoisin sauce. Add to the mushrooms. Add 6 cups shredded cabbage, 1 cup shredded carrots, and 1 cup thinly sliced onion. Stir-fry until hot and still crisp, 1–2 minutes. Serves 4.



BRUSSELS SPROUTS

Why they're a standby

Think of Brussels sprouts as small-but-mighty cabbages. A cup of these babies is packed with vitamins C and K and fiber, plus some lutein, folate, potassium, and magnesium.

Roast or sauté them until browned and irresistible. Got a food processor with a grating or shredding disc? Raw shredded sprouts are also right at home in a salad.

Maple Brussels Sprouts

Quarter 1 lb. Brussels sprouts. Sauté in a nonstick pan in 2 Tbs. olive oil until tender-crisp, 5–7 minutes. Season with 1 Tbs. maple syrup, 1 Tbs. red wine vinegar, and ¼ tsp. kosher salt. Top with ¼ cup chopped pecans. Serves 4.

Miso Ginger Shredded Brussels Sprouts

Whisk together 1 Tbs. miso paste, 1 Tbs. water, 1 tsp. minced ginger, 1 tsp. rice vinegar, ½ tsp. toasted sesame oil, and ½ tsp. honey. Toss with 4 cups raw or lightly steamed shredded Brussels sprouts. Serves 4.



TOFU (OR TEMPEH)

Why it's a standby

Tofu and its firm soy cousin, tempeh, are plant proteins that are low in saturated fat...and go easy on the planet. Unopened, they can last for months in the refrigerator.

Sesame Tofu

Cut 14 oz. extra-firm tofu into 12 slabs. Press 1 side of the slabs into 3 Tbs. sesame seeds. Sauté in 1 Tbs. peanut oil, sesame side down, until the seeds are browned, 2–3 minutes. Remove from the pan. Whisk together ¼ cup reduced-sodium soy sauce, 1 Tbs. balsamic vinegar, 1 tsp. brown sugar, 1 tsp. minced ginger, 1 tsp. minced garlic, 1 tsp. cornstarch, and ¼ cup water. Add to the pan and cook until thickened, 1–2 minutes. Spoon over the tofu. Top with 1 sliced scallion. Serves 4.

Parmesan Tempeh

Whisk together 2 Tbs. olive oil, 2 Tbs. grated parmesan, 1 minced garlic clove, ½ tsp. dried thyme, and ½ tsp. kosher salt. Toss with 8 oz. crumbled tempeh. Sauté in a large nonstick pan until golden brown, 3–5 minutes. Serve on top of a salad or in lettuce wraps. Serves 2.



CANNED SALMON

Why it's a standby

Fatty fish like salmon can help protect your heart. And a 3 oz. serving has roughly 20 grams of protein and 60 to 90 percent of a day's vitamin D, which is rare to find in foods. No wonder it's a winner.

The salmon that's sold in small, tuna-sized cans or in pouches is typically free of (edible) bones and—like most canned salmon—is wild.

Salmon Salad

Mix 1 5 oz. can drained salmon with 1 cup finely chopped raw vegetables (try celery, radish, tomato, and/or cucumber). Toss with a dressing of 1 Tbs. horseradish or whole-grain mustard and ¼ cup mayonnaise. Serve on a salad or with whole-wheat toast or crackers. Serves 2.

Salmon Cakes

Make The Healthy Cook's Fish Cakes (see p. 12) with 3 5 oz. cans drained salmon.



FROZEN GREENS

Why they're a standby

Who can get enough of overachieving spinach and kale? They're loaded with vitamins (A, K, folate) and lutein. And *frozen* greens can go straight from freezer to recipe with no washing or chopping. Just throw a handful in your soup, stew, curry, or pasta sauce.

Chickpea, Sweet Potato, & Spinach Stew

Sauté 1 chopped onion in 2 Tbs. olive oil until browned, 5–7 minutes. Stir in ¼ cup tomato paste and 1 tsp. ground coriander or cumin. Cook for 1 minute. Add 2 cups cubed sweet potatoes, 1 cup water, and 1 15 oz. can no-salt-added chickpeas with their liquid. Simmer until the sweet potatoes are tender, 8–10 minutes. Stir in 2 cups frozen spinach. Season with ½ tsp. kosher salt and freshly ground black pepper. Serves 4.

Garlic Spinach or Kale

Sauté 3 sliced cloves garlic in 2 Tbs. olive oil for 1 minute. Add 1 lb. frozen spinach or kale. Cook until any liquid cooks off, 2–3 minutes. Season with a pinch of kosher salt. Serves 4. 🍷



FOOD FIND

Easy Peasy



Artichokes. Leeks. Asparagus.

Spring brings a riot of green vegetables.

But **sugar snap peas** are standouts.

The succulent, crisp crowd-pleasers are a

cross between regular green peas and snow peas. The result: a crunchy outer pod and sweet inner peas, both edible.

Just trim or snap off the ends of each pod and remove the string that runs down the seam. Or look for “string-less” snap peas from **Mann’s** or **Whole Foods 365 Organic**. Both brands are pre-washed, which makes them the perfect snack straight from the bag...or with a dollop of hummus or tzatziki.

The raw peas lend a sweet crunch to salads. Or you can quickly stir-fry or steam them. The less cooking, the better.

Look for smooth pods with bright green peas. If you wind up with a batch of tough pods, the peas inside may still be fine. Pop one open and give it a try.

And we’re talking green veggies, so you’ll get a good dose of fiber, iron, folate, and vitamins C and K, all for just 40-or-so calories per cup.

What a sweet deal.

Sure, sugar snap peas are sold year-round. But they’re at their peak in spring.

Pass the peas, please!

veggiesmadeeasy.com—(800) 884-6266

Photos: Brent Hofacker/stock.adobe.com (left), Olive Garden (right), Kate Sherwood/CSPI (middle).

FOOD FAIL



Never Say Never



“Never Ending Stuffed Pastas have arrived,” said **Olive Garden’s** website in February. “Pick your pasta, sauce and topping—plus all the soup or salad and breadsticks you want—over and over.”

Yesss! For a limited time, diners could plunk down \$11.99 or so and order as many pastas—Cheese Stuffed Shells, Cheese Ravioli, deep-fried Stuffed Ziti Fritta—as they liked.

And they could switch from Alfredo to Traditional Marinara to Five Cheese Marinara to Meat Sauce with

each new dish. As Olive Garden’s Facebook urged, “Order. Eat. RepEAT!”

It was a veritable orgy of white flour and cheese. Even without paying extra for “toppings” (meatballs, chicken, shrimp, scallops), the variety was nearly endless.

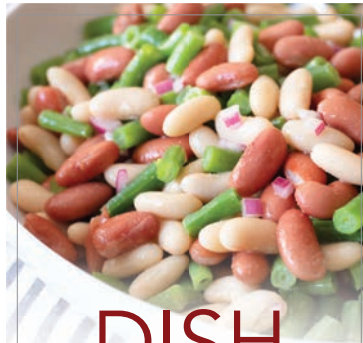
Let’s say you started with Cheese Stuffed Shells with Alfredo sauce. Hello, 1,280 calories! (Don’t forget the 1,990 milligrams of sodium and 60 grams—three days’ worth—of saturated fat.)

Then you repEATED with, say, Stuffed Ziti Fritta with Five Cheese Marinara sauce. Ka-ching! 830 *more* calories.

And that’s without any toppings or unlimited breadsticks and soup or salad.

It’s never ending...kind of like the extra fat cells our bodies create to stash it all.

olivegarden.com—(800) 331-2729



DISH of the month

Three Bean Salad

Whisk together ¼ cup olive oil, ¼ cup vinegar, 1 tsp. dijon mustard, and ½ tsp. salt. Toss with two 15 oz. cans drained, rinsed no-salt-added beans, 2 cups green beans, and ¼ cup white or red onion. Serves 6.

WE CAN'T DO IT WITHOUT YOU!

Because we take no donations from corporations or the government and accept no advertising in *Nutrition Action*, our work remains free of political or corporate influence. That means we need the generous support of people like you. To make a tax-deductible donation, please go to nutritionaction.com/donate0520 or call (866) 293-CSPI (2774).