

Nutrition *Action*[®]

CENTER FOR SCIENCE IN THE PUBLIC INTEREST



JUNE 2022 \$2.50

Lists You Can **Lose**

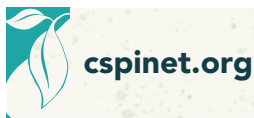
Can you trust online
health advice?

GOT BACK PAIN?

What to know

**Summer food
safety**

Scoop vs. scoop
Rating frozen desserts



Nutrition Action



Healthy Living



Advocacy



Recipes

Peter G. Lurie, MD, MPH
Executive Editor

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

EDITORIAL

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

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

Bess Dawson-Hughes, MD
USDA Human Nutrition Research Center on Aging, Tufts University

Caldwell B. Esselstyn Jr., MD
Cleveland Clinic Foundation

Christopher D. Gardner, PhD
Stanford University School of Medicine

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

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

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), 1250 I Street NW, #500, Washington, DC 20005. Periodicals postage paid at Washington, DC and additional mailing offices.

POSTMASTER: Send address changes to *Nutrition Action Healthletter*, 1250 I Street NW, Suite 500, Washington, DC 20005.

SUBSCRIBER SERVICES

The cost of a one-year subscription or gift (10 issues) is \$25; two years are \$43. 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, 1250 I Street NW, Suite 500, Washington, DC 20005
Phone: 1-866-293-CSPI (2774)
Email: customer@nutritionaction.com
Online: myaccount.nutritionaction.com

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

How Sweet It Isn't



Sodas, fruit drinks, sports drinks, energy drinks, and other sugary beverages lead to unhealthy weight gain and are linked to a higher risk of type 2 diabetes and heart disease. And over half of U.S. adults—

and roughly three-quarters of school-aged children—consume more added sugar than health experts recommend.

Here's a roundup of what the Center for Science in the Public Interest (*Nutrition Action's* publisher) is doing to help people dodge the sugar that's flooding our food supply.

■ **"Keep Soda in the Soda Aisle."** Big Soda sends grocery chains massive payouts to entice shoppers by prominently placing sugary drinks not just in the soda aisle, but also at "endcaps," freestanding displays, and checkout lanes.

We've [asked](#) the 40 largest chains and beverage companies to stop hawking sodas throughout supermarkets. And we're urging communities to petition companies to "Keep Soda in the Soda Aisle," where it belongs.

■ **Require restaurants to disclose added sugar.**

Chain restaurants are required to list calories on menus and to disclose saturated fat, sodium, and other key nutrients upon request. In January, we [petitioned](#) the FDA to also require chains to disclose added sugar. If restaurants are going to sell sugar-laden foods and drinks, the least they can do is let us know.

■ **Require school foods to limit added sugar.** By law, school lunches, breakfasts, and à la carte foods have to follow the government's *Dietary Guidelines for Americans*, which urge us

to get less than 10 percent of our calories from added sugar. In January, we [petitioned](#) the USDA to set sugar limits on foods in school cafeterias, vending machines, and elsewhere.

■ **Tell the whole truth about added sugar.**

In December, we helped convince New York City to pass the [Sweet Truth Act](#), the country's first law requiring warnings on high-sugar foods in chain restaurants. But the warnings only apply to prepackaged items, like bottled soda, that contain more than an entire day's worth of added sugar

(50 grams, which is 12 teaspoons). Now we're working to expand the warnings to non-prepackaged items, including fountain soda.

■ **Reconsider pouring rights.** Many universities sign contracts that give Big Soda exclusive rights to sell, market, and advertise on campus.

It's bad enough that these "pouring rights" often give schools a financial incentive to sell sugary drinks to college students. But a [new study](#) by CSPI and Johns Hopkins researchers [shows](#) that those contracts can also expose teens and children to marketing for sugary drinks at on-campus summer camps, athletic events, or programs for disadvantaged youth.

We'll keep you posted.



How much added sugar is in this Frappuccino? The FDA should require Starbucks to say.

Peter

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

CORRECTION

In the March issue ("Prostate Cancer," p. 3), we misspelled the name of a biomarker test. The correct name is "Prolaris."

Photo: Starbucks.

The contents of *Nutrition Action* are not intended to provide medical advice, which should be obtained from a qualified health professional.

For permission to reuse material, go to marketplace.copyright.com and search for *Nutrition Action*.

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



Lists You Can Lose

Can you trust online health advice?

BY BONNIE LIEBMAN

“10 ways to boost your metabolism.” “9 foods that lift your mood.” “15 supplements to boost your immune system.” People love lists. So do websites eager to grab eyeballs. Only one problem: Much of the advice isn’t based on solid science. Here are some examples.

“Your skin needs the right balance of nutrients,” says WebMD. Much of its advice focuses on antioxidants:

- **Vitamin A.** “Since it’s an antioxidant, it may give your skin some protection against sunburn (although not as much as wearing sunscreen).”
- **Vitamin C.** It’s a “powerful antioxidant, protecting you from free radicals and possibly lowering your chance of skin cancer.”
- **Vitamin E.** “This antioxidant and anti-inflammatory can also absorb the energy from UV light, which damages skin and leads to wrinkles, sagging, and skin cancer.”
- **Zinc.** It “acts like an antioxidant” and “may protect skin from UV damage.”
- **Selenium.** It “helps certain antioxidants protect your skin from UV rays. Selenium deficiency has been linked with a greater chance of skin cancer.”

Nutrients for Healthy Skin

By Deborah Lynn Blumberg

Reviewed by Gabriela Pichardo, MD on June 12, 2021



But the best evidence doesn’t back up those claims. Selenium supplements (200 micrograms a day), for example, raised the risk of a new (non-melanoma) skin cancer in a large clinical trial in 1,312 people with an earlier cancer.¹

Then there’s the SU.VI.MAX trial, in which French researchers randomly assigned some 13,000 people to take a placebo or a daily supplement with vitamin C (120 mg), vitamin E (30 mg), selenium (100 mcg), zinc (20 mg), and beta-carotene (6 mg), which the body converts to vitamin A. After 7½ years, the antioxidant takers had no lower risk of skin cancer. In fact, there was a hint that women had a higher risk, though that finding needs followup.²

Bottom Line: Want to prevent skin cancer and wrinkles? Don’t smoke and use sunscreen, a hat, and shade to avoid UV rays.

¹ *J. Natl. Cancer Inst.* 95:1477, 2003.

² *J. Nutr.* 137: 2098, 2007.

Brain fog “refers to a group of symptoms such as trouble with memory, inability to concentrate, difficulty processing information, fatigue, and scattered thoughts,” says Healthline.com. Its advice to treat the poorly defined problem:

■ **Vitamin D.** It “may help improve memory, concentration, and mood in some people, which may help alleviate brain fog.”

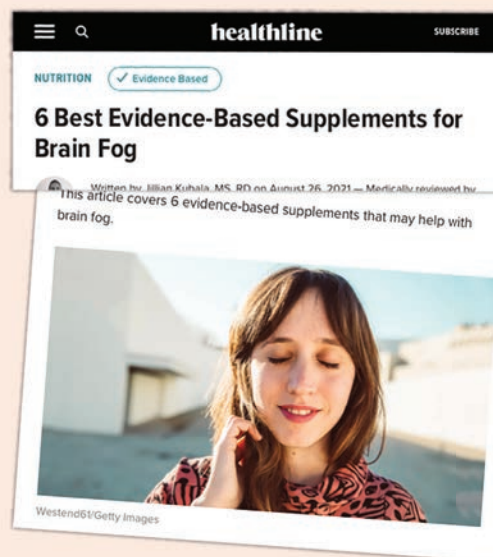
Yet the website only cites inconclusive studies on depression, “negative emotions,” and “a small study” on memory. “More research is needed,” says Healthline. Indeed.

■ **Omega-3 fats.** They can “improve certain symptoms of brain fog, including difficulties with attention and memory.”

Really? Healthline cites no studies that tested omega-3s on people with brain fog. Instead, it says, omega-3s may “improve depressive symptoms and boost mood, which may help reduce symptoms of brain fog.”

But in a rigorous review of 33 trials, omega-3s had no clinically meaningful benefit for treating depression.¹ Nor did omega-3s help prevent depression, anxiety, or memory loss.^{2,3}

■ **Magnesium.** Trials showing that it curbs depression? Scanty. Brain fog? Zip.



■ **Vitamin C.** Unless you’re deficient, there isn’t much evidence that it helps.

■ **B Complex.** “Low or deficient levels of certain B vitamins can lead to symptoms of brain fog,” says Healthline. That’s true for a vitamin B-12 deficiency, but the evidence for other B vitamins is less clear.

■ **L-theanine.** “A recent study in 69 adults ages 50–69 found that a single dose of 100.6 mg of L-theanine improved reaction time and working memory.” Healthline forgot to mention that taking L-theanine every day for 12 weeks had no effect...on 20+ measures of attention or memory.⁴ Oops.

Bottom Line: If you’re over 50 or a vegan, get 2.4 mcg a day of B-12 from a supplement or food with added B-12.

¹ *Cochrane Database Syst. Rev.* 2021. doi:10.1002/14651858.CD004692.pub5.

² *Br. J. Psychiatry* 218:135, 2021.

³ *J. Am. Med. Dir. Assoc.* 21:1439, 2020.

⁴ *J. Med. Food* 24:333, 2021.



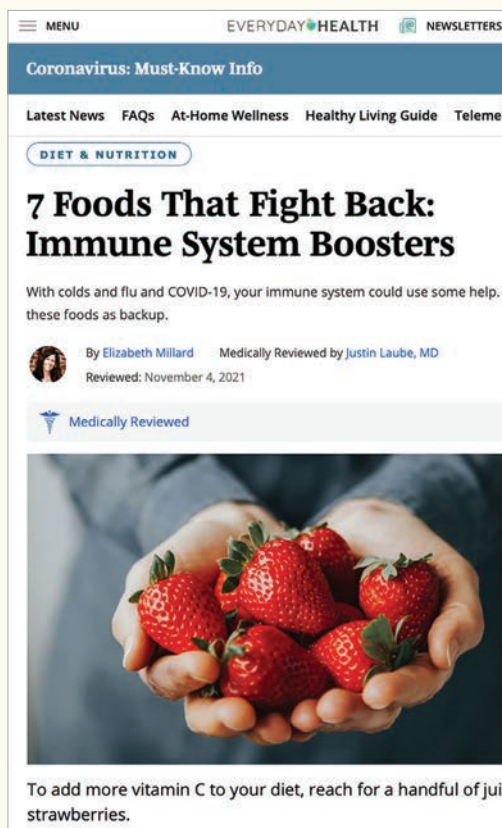
“For better immunity, here are some of the best foods to put on your plate,” says [Everydayhealth.com](https://www.everydayhealth.com). Among them:

■ **Seafood.** “The omega-3 fatty acids found in some types of fish—such as salmon, sardines, herring, and mackerel—enhance the functioning of immune cells,” says a dietitian quoted by [Everydayhealth.com](https://www.everydayhealth.com).

But even the small, uncontrolled study the website cites calls for other studies “to determine whether the observed changes in immune function translate into clinical benefits.”¹ Got that right.

■ **Healthy proteins.** They contain zinc, and some immune cells “can’t function without zinc.” True, but there’s no good evidence that zinc-rich foods ward off colds or the flu.

■ **Dark chocolate.** It has magnesium, “which may strengthen antibodies and help prevent disease.” Any good evidence that eating more magnesium—or chocolate—fends off infections? Nope.



MENU EVERYDAY HEALTH NEWSLETTERS

Coronavirus: Must-Know Info

Latest News FAQs At-Home Wellness Healthy Living Guide Telemed


DIET & NUTRITION

7 Foods That Fight Back: Immune System Boosters

With colds and flu and COVID-19, your immune system could use some help. these foods as backup.

By Elizabeth Millard Medically Reviewed by Justin Laube, MD
Reviewed: November 4, 2021

Medically Reviewed



To add more vitamin C to your diet, reach for a handful of juicy strawberries.

■ **Citrus fruit.** Can vitamin C prevent colds? No, except maybe at huge doses (250 to 1,000 mg a day) after intense exercise, like an ultra-marathon.²

■ **Garlic & onions.** “When garlic is crushed or chopped, it produces allicin, which previous research has highlighted for its antiviral and antibacterial properties.” But claims that garlic fights colds “appear to rely largely on poor quality evidence,” says a review cited by [Everydayhealth.com](https://www.everydayhealth.com).

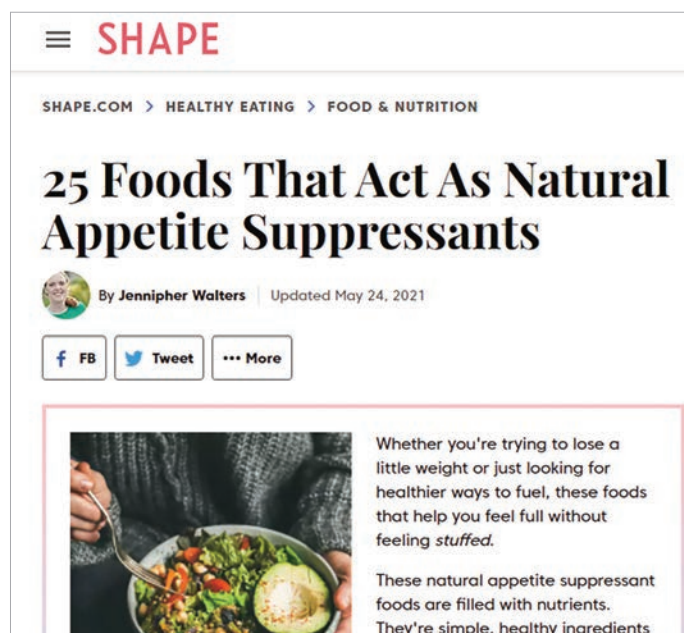
As for onions, they contain quercetin, which inhibits flu virus...*in test tubes*, says another cited study.

The article goes on to say that you’re better off with water than juice, adding that “there’s no proof that OJ prevents or shortens illness.” Ditto for *all* [Everydayhealth.com](https://www.everydayhealth.com)’s “immune system boosters.”

Bottom Line: Many nutrients play a role in immunity, but eating more of them doesn’t prevent infectious illness (see June 2020, p. 3).

¹ *J. Nutr.* 141: 964, 2011.

² *Cochrane Database Syst. Rev.* 1: CD000980, 2013.




SHAPE

SHAPE.COM > HEALTHY EATING > FOOD & NUTRITION

25 Foods That Act As Natural Appetite Suppressants

By Jennifer Walters Updated May 24, 2021

FB Tweet More



Whether you're trying to lose a little weight or just looking for healthier ways to fuel, these foods that help you feel full without feeling stuffed.

These natural appetite suppressant foods are filled with nutrients. They're simple, healthy ingredients

“These natural appetite suppressant foods are filled with nutrients,” explains [Shape.com](https://www.shape.com). The list includes:

■ **Almonds.** “Almonds have been shown to increase feelings of fullness in people and help with weight management, according to a 2006 study.”

In fact, that industry-funded study didn’t measure fullness. But a 2017 industry-funded study by one of the same researchers did.^{1,2} And its results “do not support a unique satiety effect of almonds,” concluded the authors.

■ **Cayenne pepper.** “Just half a teaspoon of cayenne pepper can boost metabolism and cause the body to burn an extra 10 calories on its own, according to research published in the journal *Physiology & Behavior*.”³

People in the study (it was partly industry-funded) who got the cayenne did burn an extra 10 calories...over 4½ hours. That’s about what you’d get in one tablespoon of whole milk.

■ **Eggs.** “Studies have shown that eating an egg or two for breakfast can help you feel more full over 24 hours than if they [*sic*] eat a bagel with the same amount of calories.” “In the same study, those who ate eggs ingested an average of 330 fewer calories over the course of a day than the bagel-eaters.”

The people in the industry-funded study did report feeling more full and ate 265 (not 330) fewer calories on the egg day.⁴ And, in another industry-funded study, when the researchers told people to eat 1,000 fewer calories a day for two months, those assigned to eat egg breakfasts did lose more weight (6 pounds) than those told to eat a bagel breakfast (3½ pounds). But breakfast had no impact on weight loss when people were *not* told to cut calories.⁵

And in yet another industry-funded study, eating egg breakfasts instead of cereal breakfasts for six months had no impact on weight loss when people *were* told to cut calories.⁶

Bottom Line: Most claims about “appetite suppressant” foods are backed by inconclusive research.

¹ *Brit. J. Nutr.* 98: 651, 2007.

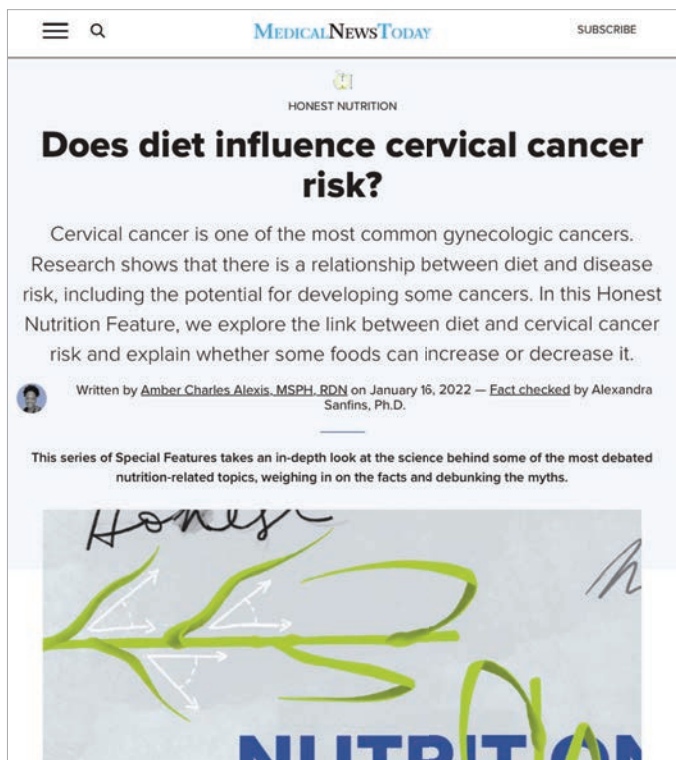
² *Nutrients* 2017. doi:10.3390/nu9080807.

³ *Physiol. Behav.* 102: 251, 2011.

⁴ *J. Am. Coll. Nutr.* 24: 510, 2005.

⁵ *Int. J. Obes.* 32: 1545, 2008.

⁶ *Int. J. Environ. Res. Public Health* 17: 8827, 2020.



“Diet and nutrition play a role in the development of cervical cancer,” says [MedicalNewsToday.com](https://www.medicalnewstoday.com). Really? “Up to 99.7% of cervical cancer cases result from infection with the human papillomavirus (HPV),” says the website. “There are three HPV vaccines that protect against some strains of HPV known to cause cervical cancer.” So far, so good.

The problem: Medical News Today then says that “Adequate nutrition helps to optimize the immune system, which, in turn, eliminates HPV and helps the body respond against cancer tumors.”

So a healthy diet enables the immune system to eliminate HPV...and helps fight tumors? Surely, no one would say that without strong evidence. Yet some of the studies cited by Medical News Today looked only:

- at cancers other than cervical cancer
- at mostly the impact of folate (a B vitamin) on cervical cancer cells in test tubes
- at whether women with a genetic variant for the vitamin D receptor have a higher risk of cervical cancer.¹⁻³

“Adopting a dietary pattern similar to the Mediterranean diet reduces inflammation and cervical cancer risk,” says the website. Then why did the study it cites find no lower odds of precancerous cervical lesions in women who ate the *most* Mediterranean-like diet?⁴

A Mediterranean diet is heart healthy. But the evidence that it prevents an HPV infection or cervical cancer is skimpy.

Bottom Line: To lower cervical cancer risk, don’t smoke, get the HPV vaccine (typically only if you’re under 27), use a condom to help prevent an HPV infection, and get routine Pap tests to detect precancerous lesions (ask your doctor if you’re over 65). For more, check the websites of the National Cancer Institute, American Cancer Society, or American Institute for Cancer Research.

¹ [Medicina 55: 84, 2019.](https://doi.org/10.1016/j.biopha.2019.109654)

² [Biomed. Pharmacother. 2020. doi:10.1016/j.biopha.2019.109654.](https://doi.org/10.1016/j.biopha.2019.109654)

³ [Asian Pac. J. Cancer Prev. 21: 2935, 2020.](https://doi.org/10.1016/j.aspac.2020.09.001)

⁴ [Nutrients 10: 469, 2018.](https://doi.org/10.1016/j.nut.2018.08.001)

Among [Healthline’s](https://www.healthline.com) “7 proven health benefits of dark chocolate”:

■ **Very nutritious.** “A 100-gram bar of dark chocolate with 70–85% cocoa contains: 11 grams of fiber, 67% of the DV for iron, 58% of the DV for magnesium, 89% of the DV for copper, 98% of the DV for manganese.”

Yes, but “100 grams (3.5 ounces) is a fairly large amount,” concedes Healthline, so “these nutrients also come with 600 calories.”

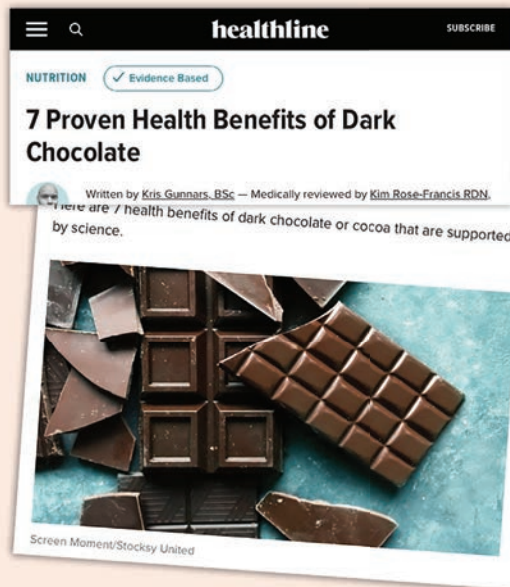
A serving is only 30 grams. So...why even mention a 100-gram serving?

■ **Blood flow and blood pressure.**

“The effects are usually mild.” And “one study in people with high blood pressure showed no effect, so take this with a grain of salt.” So...*not* a “health benefit”?

■ **Raises HDL and protects LDL from oxidation.** But in the study cited by Healthline, HDL didn’t increase—and oxidized LDL didn’t decrease—more in people who drank cocoa with polyphenols than in those who drank placebo cocoa.¹

■ **May reduce heart disease risk.** After citing studies where dark chocolate or cocoa “lowered the risk” of outcomes like heart disease, Healthline adds that “these four studies are



observational, so it’s unclear exactly if it was the chocolate that reduced the risk.” So...*not* “proven”?

■ **May protect your skin from the sun.**

“In one study of 30 people, the MED more than doubled after consuming dark chocolate high in flavanols for 12 weeks.”² (MED is the minimum amount of UVB rays required to make skin red.)

“If you’re planning a beach vacation, consider enjoying some extra dark chocolate in the prior weeks and months. But check with your doctor or dermatologist before forgoing your normal skin care routine.”

So...you *can* skip the sunscreen?

■ **Could improve brain function.** “One study of healthy volunteers showed that eating high flavanol cocoa for 5 days

improved blood flow to the brain.” But blood flow may not translate into better memory or other measures of “brain function” (see May 2022, p. 3).

Bottom Line: Dark or not, chocolate isn’t a health food.

¹ [J. Nutr. 137: 1436, 2007.](https://doi.org/10.1016/j.nut.2018.08.001)

² [J. Cosmet. Dermatol. 8: 169, 2009.](https://doi.org/10.1016/j.jcos.2009.05.001)



Metabolism is “your body’s system for turning what you eat and drink into energy,” says WebMD.

But what follows is a list of foods that “support a healthy metabolism” or “keep you full” or “won’t cause major spikes in your blood sugar (too much sugar in your blood gets stored as fat).”

(Note to WebMD: If you eat more calories than you burn, they get stored as fat, whether your blood sugar “spikes” or not. Pure fructose, for example, barely raises blood sugar, but its calories still count.)

So which foods “support” your metabolism, according to WebMD?

■ **Iodine-rich foods.** “The thyroid gland plays a key role in helping your metabolism burn calories and control your appetite. To do its job, your thyroid needs healthy levels of iodine.”

True enough. But unless you’re deficient—most Americans aren’t—getting more iodine won’t boost your metabolism.



■ **Water.** Drinking more than usual before meals may “help you take in fewer calories.” But does it “boost calorie burning if you’re obese” or “help your body burn fat,” as WebMD claims? Nope. (Water only helps your body burn

fat if it “helps you take in fewer calories.”)

■ **Ginger.** “One study found that drinking a hot ginger drink with breakfast lowered feelings of hunger and had a strong thermogenic (calorie-burning) effect.”

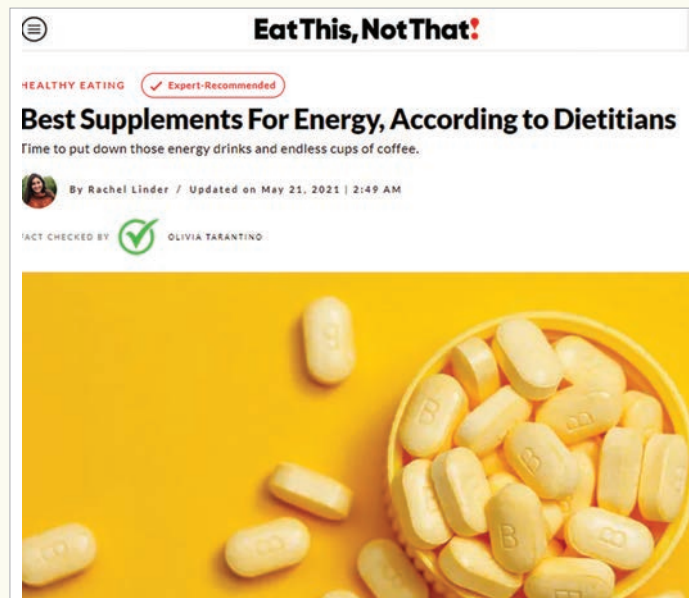
Strong? The thermogenic effect was barely significant. And researchers never followed up on this 2012 pilot study on just 10 men.¹

■ **Legumes.** Beans are indeed rich in fiber. But no, the fiber doesn’t make “your metabolism work harder to digest them.”

■ **Avoiding sugar-sweetened drinks.** Yes, they have “lots of calories.” But there’s no good evidence that they “negatively impact your metabolism beyond the ‘calories in, calories out’ rule.”

Bottom Line: Want to boost your metabolism? Move more.

¹ [Metabolism 61: 1347, 2012.](#)



people feel more energetic, it’s not here. Even the evidence that most probiotics improve gut health is weak (see Nov. 2021, p. 8).

■ **Vitamin B-12.** It “helps our cells convert the food we eat into energy, and when we are deficient we tend to feel weak, tired, and lightheaded,” says one dietitian quoted by EatThis.

Another notes that a B-12 deficiency can cause anemia. “Here’s the kicker,” says EatThis. “This form of anemia causes low energy and fatigue.”

News flash: Any anemia causes low energy and fatigue, because your red blood cells aren’t carrying enough oxygen to the rest of your body. That’s largely why “we tend to feel weak, tired, and lightheaded.”

■ **Ashwagandha.** “Ashwagandha naturally reduces cortisol levels, especially those elevated due to ongoing and uncontrolled stress. Improving mental fatigue and stress can lead to improvements in overall energy.”

Ah, so there’s no good evidence that ashwagandha makes people feel more energetic? As it turns out, the evidence that it reduces stress isn’t solid, either (see Jan./Feb. 2022, p. 10).

■ **Protein powder.** A protein powder one dietitian recommends is “rich in vitamin B, and we know how essential that is to maintain our energy,” says EatThis.

Here’s what we really know: There are eight B vitamins, not one. And while some help release energy from food, that’s not the same as making you feel energetic.

Bottom Line: Tired? Get enough food, sleep, and exercise. 🚫

“Dietary supplements can be a great way to get sufficient amounts of essential vitamins and minerals in order to really start to see a difference in your energy as you work through the day,” says the “Eat This, Not That!” website. The list includes:

■ **Probiotics.** “If your gut health is out of whack, your energy levels may take a dive.”

If you were expecting good evidence that probiotics make

Quick Studies

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

A Pain in the Knee



Can an online exercise program curb arthritis knee pain?

Researchers randomly assigned 105 people with knee arthritis either to usual care or to use an online exercise app designed to boost leg strength, core stability, and balance—for example, with sit-to-stand and stair-climbing exercises. The app uses emails, phone notifications, or calls or chats with a physical therapist to keep participants challenged and engaged.

After six weeks, the exercise group reported less knee pain and stiffness and better function—and improved more on the sit-to-stand and timed up-and-go tests—than participants assigned to usual care.

What to do: To learn more about the app—it's not currently available in all states—go to [JointAcademy.com](https://www.jointacademy.com). The app costs \$89 per month ([Joint Academy](#) provided it for free to study participants), but Medicare and some insurance plans may cover some or all of the cost.

[JAMA Netw. Open 2021. doi:10.1001/jamanetworkopen.2021.0012.](#)

Don't Stop Walking

Many people with peripheral artery disease avoid walking because it may cause pain. But patients who had two in-person sessions and two phone sessions with physical therapists to encourage walking over three months walked 18 yards farther over 6 minutes than those who got usual care.

What to do: Got PAD? Walking helps. Look for a program with a goal of walking at least 30 to 45 minutes at least three days a week.

[JAMA 327: 1344, 2022.](#)



Diabetes Risk: Genes and Diet Matter

Does a healthy diet curb your risk of type 2 diabetes, even if your genetic risk is high?

Researchers analyzed DNA to create genetic risk scores for diabetes in 35,759 nurses and health professionals. Then the scientists

and processed meats, sugary drinks, and fruit juice.

The results: Within any genetic risk category—high, medium, or low—people with the best diet scores had about a 30 percent lower risk of type 2 diabetes than those with the worst scores.

What to do: Aim for [a healthy diet](#) even if you have a family history of type 2 diabetes. This type of study can't prove that diet can lower your risk—because something else about people who eat well may lower risk—but it's a good bet. 🍷

[PLoS Med. 2022. doi:10.1371/journal.pmed.1003972.](#)

No Food After 4?



Eating during fewer hours of the day isn't likely to help you lose extra pounds.

Scientists randomly assigned 139 people with obesity to eat only between 8 a.m. and 4 p.m.

and cut calories or to just cut calories. (The men aimed for 1,500 to 1,800—and the women aimed for 1,200 to 1,500—calories a day.) After a year, the 8-to-4 group lost no more weight than the calories-only group.

In a similar study, researchers randomly assigned 81 people with excess weight to eat only during 10 hours of the day (starting within 3 hours of waking) and cut their calories by about a third or to only cut calories by a third. After 39 weeks, the 10-hour group lost no more weight than the calories-only group.

Neither study saw differences between groups in measures like blood sugar, blood cholesterol, or blood pressure.

What to do: Don't expect eating over fewer hours to lead to more weight loss than cutting calories alone, but if no food after 4 (or 6 or 8) p.m. helps you cut calories, go for it.

[N. Engl. J. Med. 386: 1495, 2022. Obesity 30: 1027, 2022.](#)



calculated each person's diet score over 26 to 30 years, giving points for *higher* intakes of foods like fruits, vegetables, whole grains, nuts, and beans and for *lower* intakes of foods like red

BACK ON TRACK

HOW TO DEAL WITH BACK PAIN



We've all been there. A bit too much yard work, lifting, or who-knows-what, and you're hunched over with pain in your lower back. In most cases, the pain goes away quickly. But sometimes it lingers, often without a cause that anyone can pinpoint. Here's what to know about back pain.



Martin Underwood is a professor at Warwick Medical School in Coventry, England. His research focuses on improving the diagnosis and management of

musculoskeletal disorders like back pain and osteoarthritis. He spoke with *Nutrition Action's* Caitlin Dow.

Back Basics

Q: How many people suffer from low back pain?

A: It's hugely common. Nearly all of us will experience low back pain at some point in our lives. On any given day, [about one in 14 people](#)—so about half a billion people globally—suffer from low back pain.

And it's more common [as you get older](#) until you reach your eighties or nineties, maybe because at that age many people aren't moving around as much.

Q: What harm does back pain cause?

A: It's the leading [cause](#) of disability worldwide. For people of working age, it can interfere with their ability to work, which dramatically reduces their income. In older adults, it may also lead to social isolation, and it increases the risk of falling. And older people with low back pain are more likely to [report](#) poor sleep and mental health problems like depression.

Q: What causes low back pain?

A: Sometimes people can identify something specific that they've done that sets it off: they've moved in a particular way and get a sudden onset of pain.

There are other rare issues—especially in older adults—like certain types of cancer. But in one [study](#) of 699 people over age 55 who were seeing their doctor for low back pain, cancer was the cause in just four cases. So you can't assume that cancer is the cause of your pain.

Vertebral fractures due to osteoporosis are another cause. In the same [study](#), 33 older adults—mainly women—had a vertebral fracture.

Q: What's the most common cause?

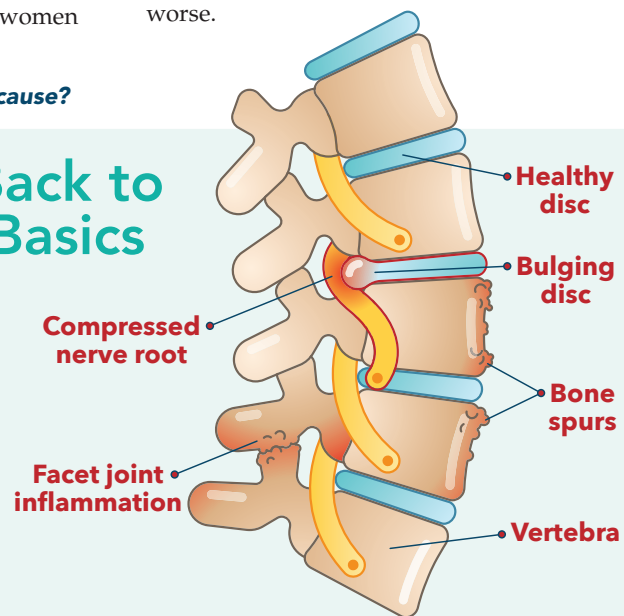
A: That's one of the mysteries. More than 90 percent of the time, we don't find a cause. We call it [non-specific low back pain](#). Even if you can identify an initial trigger, by the time you've got chronic back pain—that is, pain that's lasted at least three months—the injury will have long healed. So there isn't something in the back that we can identify that actually causes the pain.

Q: Can an MRI or other imaging identify the cause?

A: Almost never. The only time to do imaging is if you think there's a specific disorder that needs to be [treated](#)—for example, if you think somebody might have cancer, an infection, or a fracture. Or if they have sciatica, which is pain going down the leg caused by a bulging disc pressing on the nerve root, which is sometimes treated with surgery.

But for the vast majority of people with non-specific back pain, there is no role for imaging. In fact, there's some evidence that imaging makes people worse.

Back to Basics



Problems like bulging discs, facet joint inflammation, and bone spurs are more common as people age, but roughly 90 percent of cases of back pain can't be traced to a structural problem.

Q: How so?

A: As we get older, there's wear and tear on the spine. So if you have an MRI, there's a good chance of seeing something abnormal that isn't related to the pain.

A [review](#) of 12 studies in people aged 50 or under found that one in three people *without* back pain had disc degeneration. That went up to one in two people *with* back pain.

Disc degeneration is much more common in older people, but low back pain is only slightly more common. So for some older people who have back pain and get an MRI, disc degeneration might be the cause. But then again, it's probably not.

Q: And that has downsides?

A: Yes. When your MRI report shows that you have a degenerative or a bulging disc or something similar, you may think you need to protect your spine, so you become less active.

But the spine is strong. Unless you have an unstable fracture, your spine doesn't need protecting.

And there is [some evidence](#) that imaging makes people more likely to have unnecessary surgery.

Q: Does back pain diminish for most people?

A: The vast majority of *acute* back pain gets substantially better over a few weeks, though people who have one bout are more likely to have another.

The natural [course](#) of *chronic* back pain is that it waxes and wanes. But when we look at randomized trials and observational studies of what happens to people, we see that, on average, they get better. The pain may not go away, but it does improve for most.

Surgery and Shots

Q: Can surgery relieve back pain?

A: In some cases, yes. For example, for people with a bulging disc that is

causing sciatica, surgery may help, but probably only in the sense that it speeds up recovery. If you wait long enough, sciatica often [improves](#) just as much on its own.

And there's a well-recognized concept of [failed back surgery](#). Many people have continuing problems and end up either in specialist pain services or having further back surgery.

It's a cycle of more pain, more treatment, more surgery. And their problems might be a consequence of the initial surgery.

Q: Why do doctors sometimes give back-pain patients steroid shots?

A: Those can be used in the facet joints,



Don't count on pills for pain relief. Acetaminophen doesn't help, and NSAIDs and opioids offer little benefit and come with significant risks.

which connect the vertebrae. If you've got wear-and-tear arthritis in those joints, you can see the logic for using injections, just as we use steroid injections to reduce arthritis inflammation elsewhere in the body.

But we don't have a reliable way of [identifying](#) people who have facet joint pain, much less which joint the pain is coming from.

Q: Can steroid injections help?

A: The [evidence](#) is extremely weak. If injections do work, they typically only have a short-term effect. They aren't recommended by the organizations that develop guidelines for back pain.

Medication

Q: Can over-the-counter pain medications curb back pain?

A: We have good-quality evidence that acetaminophen—or Tylenol—is [not effective](#) for back pain.

You could use non-steroidal anti-inflammatory drugs like ibuprofen or naproxen, which give [a bit of relief](#), though it's not substantial. Unfortunately, it's unwise for older people to take NSAIDs because they can cause bleeding in the stomach and can increase blood pressure.

Q: Do muscle relaxants help?

A: They may have a small benefit for people with acute—but not chronic—low back pain. But they should be avoided in older adults because they can cause dizziness and drowsiness.

Q: Should people avoid opioids?

A: Yes. A few years ago, an [analysis](#) that pooled data from 13 randomized trials found that opioids had a small, but likely unimportant, benefit. In three studies that compared opioids to non-opioids, the non-opioid drugs reduced pain slightly more. And people taking opioids were more than twice as likely to

have serious harms compared to those taking placebos.

Given the substantial risk of addiction, overdose, and death with opioids, they should very rarely be prescribed.

Q: Can other medications help?

A: There is some [evidence](#) that antidepressants can have some small benefit for some people, but antidepressants can make you drowsy and more likely to fall, which is a concern for older people.

The bottom line is, don't use drugs for back pain in older people, except in very specific circumstances. For example, some doctors may use opioids as a last resort, at the lowest possible dose for the shortest period of time.

Other Therapies

Q: What's your advice for people with back pain?

A: Don't become inactive. Years and years ago, doctors used to tell people with back pain to rest. Now we know that if you rest, you rapidly lose strength in your muscles and ligaments, which in turn makes the back pain worse.

Keep yourself as active as you can within the limits of the pain. You won't do any horrible damage by exercising within your pain limits.

Q: How effective is exercise at easing back pain?

A: There are literally hundreds of trials of exercise for back pain. Overall, they show a [small average effect](#). But exercise has wider health benefits than just improving your back.

Q: Are some types of exercise better than others?

A: There is evidence that aerobic exercise, strength training, and mind-body exercises like yoga can all help a bit, with none having a clear advantage over another.

But exercise can come across as very structured. If you don't like formal exercise sessions, aim for more physical activity in general. Walk rather than drive. Play with your kids or grandkids. Find activities that you enjoy. That way, you're more likely to continue doing them. That matters more than doing a specific type of exercise.

Q: Can spinal manipulation help?

A: Spinal manipulation involves high-velocity thrusts to joints of the spine. It's usually performed by an osteopathic doctor, a physical therapist, or a chiropractor.

Studies show that it has a small average



Got back pain? Try strength and stretching videos like those on HASfit.com (or download the HASfit app).

[benefit](#) when compared with usual care. But we don't have as much research on spinal manipulation in older adults as we do in younger people.

Q: How about acupuncture?

A: It depends on how you interpret the [evidence](#). If you compare acupuncture to not doing anything, it does have some reasonable benefit. But when you compare it to a placebo acupuncture, the effect of acupuncture is trivial and not worthwhile.

Q: What is a placebo for acupuncture?

A: That's where the needles aren't placed in the right spot or they don't go in far



Mind-body exercises like yoga may help ease back pain. Yoga with Adriene (free on YouTube) has a variety of videos for beginners.

enough, but your brain is getting the signal that you've received acupuncture.

Q: Why the difference?

A: Some might say that patients improve in studies that compare acupuncture to nothing because it's a placebo response—that

is, people feel better because they expect to. But I think it's more than a placebo.

If you talk to people with back pain, many report that doctors don't take them seriously. But when they go to see an acupuncturist, they may feel as if they've been listened to and they may have received a more detailed examination.

The same logic may also explain the benefits seen with spinal manipulation and perhaps physical therapy. And even if acupuncture is a placebo, it is safer than some of the other treatments used for low back pain.

Q: What about cognitive behavioral therapy, or CBT?

A: You've probably gotten familiar with the refrain: It also has a small average [effect](#).

The cognitive approaches are not about getting rid of your pain. They're about helping you to live better with your pain. If you can cope with your pain, you may have less disability, and you can get on with your life.

A recent [analysis](#) that looked at nearly 100 randomized trials found that CBT seemed to work best for back pain if you combined it with exercise.

Q: So there's no one fix?

A: No. This is a phenomenally big problem. Some people's lives get absolutely dominated by back pain.

For each therapy, some people get a benefit, but a lot don't. So none of them is the singular solution.

But as an individual, you can set a goal of substantial improvement, keeping in mind that back pain typically improves over time. And the treatments that you try are likely to give you a small additional lift.

Try different approaches to see what works for you. Just don't let the pain stop you from getting on with your life. 🚫

The Healthy Cook

Did Someone Say Satay?



No grill? You can sauté (sans skewers) this simplified version of the classic Southeast Asian grilled-meat dish in a cast iron skillet over medium-high heat for 3–5 minutes. To make it easy to cut the raw chicken into strips, freeze for 15–20 minutes before cutting. 🍴

TIP: To help prevent charring, soak bamboo skewers in water before grilling. Or use metal skewers.

Chicken Satay

- | | |
|--|--|
| 1 Tbs. + 1 Tbs. neutral-tasting oil (grapeseed, safflower, or sunflower) | 1 Tbs. + 1 Tbs. reduced-sodium soy sauce |
| 1 clove garlic, chopped | 1 Tbs. fresh lime juice |
| 1 red chili pepper, chopped | ½ cup roasted salted peanuts |
| 1 small onion, chopped | 1 tsp. ground coriander or cumin |
| 1 ½-inch piece ginger, chopped | 1 tsp. smoked paprika |
| 4 dried apricots | 1¼ lbs. boneless, skinless chicken breasts or thighs |

- 1 Make the Peanut Sauce: In a small pan over medium-high heat, heat 1 Tbs. oil with the garlic, chili, onion, and ginger. Cook, stirring often, until softened and lightly browned, 5–7 minutes. Let cool. In a blender, combine the mixture with the apricots, 1 Tbs. soy sauce, lime juice, peanuts, and ½ cup water. Purée until smooth.
- 2 In a medium bowl, whisk together the remaining 1 Tbs. oil and 1 Tbs. soy sauce with the coriander and paprika. Cut the chicken into ½-inch-wide strips, add it to the oil-soy mixture, and turn to coat. Thread onto 8 skewers.
- 3 Grill the skewers over medium heat until lightly marked and cooked through, 7–10 minutes, turning 2–3 times. Serve with the Peanut Sauce.



MAKES 8 SKEWERS

PER SERVING (1 skewer + 2 Tbs. sauce): calories 170 | total fat 9 g | sat fat 1.5 g | carbs 4 g | fiber 1 g | total sugar 2 g | added sugar 0 g | protein 19 g | sodium 200 mg

For more skewers

Go to cspinet.org/TheHealthyCook

FOR COOKING ADVICE

Write to Chef Kate at healthycook@cspinet.org

We all scream for...

What's hot in the frozen-dessert aisle

BY LINDSAY MOYER

It's not always clear if ice creams are getting better for us... or just better at *marketing*. Should you go for a keto, plant-based, or protein-packed pint? Or pick one that adds olive oil, fruit, nuts, or fiber? Rule No. 1: Don't confuse ice cream with health food. That said, you can scoop up a fabulous frozen treat without heading into Häagen-Dazs territory. Read on.

What to Look For

Our criteria for Better Bites, per ⅔-cup serving:

■ **Saturated fat.** No more than 4 grams. That's 20 percent of a day's max, but it sure beats the 10 to 18 grams in a regular Ben & Jerry's or Häagen-Dazs.

■ **Added sugar.** No more than 4 teaspoons (17 grams). That's also high. It's why we have *Better* (not *Best*) Bites. Why didn't we set the bar even lower? For ice cream, 4 tsp. is realistic. Most regular ice creams have more.

■ **Calories.** No more than 200. Why limit calories, not just sugar? Some frozen desserts tack on calories from fruit juice, which labels don't count as "added sugars." Others add tapioca syrup. Only some of tapioca's refined carbs are sugars, but they're all empty calories. And ice cream is high in calories per bite, so it's easy to overdo it.

■ **Low-calorie sweeteners.** No acesulfame potassium or sucralose. Those sweeteners are rated "avoid" by CSPI's chemicalcuisine.org. We didn't disqualify items with allulose, erythritol (or other sugar alcohols), or monk fruit or stevia extract.



Slow Churned is a light standby.

whose dairy varieties range from 90 to 120 calories.

Don't love the taste or texture of the Halo Top crowd? Pick a light ice cream that skips the low-cal sweeteners altogether. Two good bets:

■ **Dreyer's or Edy's Slow Churned.**

Choose from more than a dozen creamy Better Bites. Most have just 130 to 150 calories per serving, so they're closing in on Halo Top,



Not sure about Halo's taste? Try Chocolate.

Health Halo?

Halo Top, Enlightened Light, and lookalikes add less cream and sugar, plus a few extra grams of protein.

The payoff: Lots of Better Bites that slash added sugar to roughly 1 tsp. per serving and shave a quarter of the calories off a "light" ice cream.

Worth it? You decide:

■ **Taste.** If your taste buds detect an aftertaste from stevia or monk fruit, Halo or Enlightened might disappoint.

■ **Texture.** Love ice cream that's jam-packed with mix-ins? Lower-calorie pints may seem stingy. Think *cookie specks*, not chunks, in **Halo Top Cookies & Cream**.

■ **The whole pint?** "Whether it's a few bites or the whole pint, now everyone can feel good about eating ice cream," says Halo Top's website. But any pint packed with processed fibers like soluble corn fiber or inulin (aka chicory root) or Enlightened's allulose may not feel good to your GI tract if you're sensitive to them.

Take **Halo Top Dairy Free Chocolate Chip Cookie Dough**. A pint has 19 grams of fiber, largely from inulin, a known gas generator. (Halo's dairy varieties add less inulin.)

■ **Keto.** Keto versions add no sugar but have more cream, saturated fat, and calories. Why bother?

See the Light

■ **Breyers.** There's no "light" line, so without checking the Nutrition Facts label (or our chart) it's not easy to tell which are typical ice creams and which dip into Better Bite territory.

Both brands go easy on your pocketbook. A 1½-quart tub of Edy's, Dreyer's, or Breyers (nine servings) sells for about the same price as a petite pint of Halo Top (three servings).

Of course, scooping from a larger tub may make it trickier to size up a single ⅔-cup serving. Try spooning into a small dish—a teacup or ramekin, say—instead of an ordinary bowl.



Dairy-Free

Alas, a serving of most dairy-frees has enough coconut milk or oil to bump up the saturated fat to at least 8 to 10 grams (40 to 50 percent of a day's worth), so skipping dairy's cream doesn't do your heart any favors. (Exception: A handful of mostly lower-calorie dairy-frees are Better Bites. See "Health Halo?" p. 13.)

Here's a rundown of what else plant-based brands are churning into their frozen desserts:

■ **Oats.** **Oatly** nails an ultra-creamy mouthfeel (as it does with its oatmilk). Competitor **Planet Oat**, on the other hand, is a tad icy.

■ **Cashews.** Too bad creamy **So Delicious Cashewmilk** frozen desserts get their fat not



No dairy and no coconut oil? Wildgood does it.

just from nuts, but also from plenty of coconut oil. At least a couple of flavors—**Very Vanilla** and **Snickerdoodle**—have less saturated fat (5 or 6 grams) than most.

■ **"Wonder."** "So delicious you won't believe it's not from a cow," says the **So Delicious Wondermilk** label. The taste may come darn close to dairy, but the main ingredients (water and sugar) sure don't.

■ **Olive oil.** Kudos to **Wildgood** for replacing coconut oil with olive oil. That makes it low enough in saturated fat (though not in sugar) for a Better Bite. You'll love the super smooth, rich texture.

Animal-Free

Brave Robot "animal-free" ice cream "contains milk allergen," notes the label. Ditto for **Nick's "Vegan" Frozen Dessert**. How can that be?

Both are made with whey (milk protein) from genetically engineered fungi. (Cow or no cow, the milk protein is still an allergen.) Both are free of lactose (milk sugar), though.

Too bad Nick's texture is a little icy, maybe because it has no added sugar. Brave Robot is creamy and tastes, well, like super-premium ice cream. Sadly, it's got enough saturated fat (12 to 15 grams) from coconut oil to match.



Made with milk protein from a microbe, not a cow.

Fruit Sorbet

Most fruit sorbets miss a Better Bite by a mile. Saturated fat isn't the issue (they've got none). It's added sugar.

Among the highest: **Häagen-Dazs Mango Sorbet** adds more sugar (9½ teaspoons per ⅔-cup serving) than mango. You're better off with the 6 tsp. (and 160 calories) in **Talenti Alphonso Mango Sorbetto**. And Talenti's taste is so intense—mango's the first ingredient—that you might even be satisfied with a smaller serving.

Halo Top's fruit sorbets add soluble corn fiber, erythritol, and stevia to drop the added sugar to 3 tsp. and the calories to 90-ish. That creates a fluffier texture and less real-fruit flavor. (The "Made with real fruit" on the labels means purée and juice.)



Silky-smooth texture. Intense mango taste.

Lactose-Free

Got lactose intolerance?

Finding dairy ice cream with no lactose is simple. (Companies add lactase enzyme to break it down.) Too bad most lactose-frees, like **Beckon** and **Lactaid**, are full-fat.

Instead, look for **Breyers Lactose Free Vanilla** or **Chocolate**. Both are light ice creams. Or try **Fairlife**. Most are Better Bites or just miss.



Every Fairlife is light and lactose-free.

Frozen Yogurt

Years ago, frozen yogurt was a standby in the freezer case. Now, the category is getting smaller...and richer, and Better Bites aren't so easy to come by.

Take newbie **Noosa Frozen Yoghurt Gelato**, which is made with skim milk, whole-milk yogurt, and cream. That means its saturated fat (6 to 9 grams per serving), calories (220 to 290), and protein (just 4 or 5 grams) are a far cry from what you'd get in, well, yogurt. In fairness to Noosa, the label does call it "decadent."

A nice surprise: **Ben & Jerry's Cherry Garcia FroYo** has the super-premium brand's classic dense texture, yet only a quarter of the sat fat of its **Cherry Garcia Ice Cream**. And it misses a Better Bite by just 30 calories and 1 teaspoon of added sugar. The brand's other FroYo (**Half Baked**) goes over by 1½ tsp. How about a few more like those, Ben? Jerry? 🍷



Even Ben & Jerry can come close to a Better Bite. Who knew?

Cream of the Crop

Better Bites (✓) have no more than 200 calories, 4 grams of saturated fat, and 4 teaspoons of added sugar in a 2/3-cup serving, and are free of acesulfame potassium and sucralose. Products are ranked from least to most saturated fat, then added sugar, then calories. (We listed protein to show how brands vary, but you don't need to shoot for more in frozen desserts. Most people get plenty from other foods.)

Dairy Ice Cream & Gelato (2/3 cup)	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)
✓ Halo Top ¹	110	1.5	1	6
✓ Breyers Peach	140	2	4	2
✓ Enlightened Light ¹	120	2.5	1	7
✓ Breyers Coffee	140	2.5	3	2
✓ Breyers Cherry Vanilla	160	2.5	3.5	2
Dreyer's or Edy's Slow Churned No Sugar Added ^{1,5}	140	3	0	4
✓ Breyers Extra Creamy ¹	140	3	3	2
✓ Breyers Lactose Free ¹	150	3	3	3
✓ Dreyer's or Edy's Slow Churned—except Caramel Delight ¹	150	3	3	4
✓ Breyers Butter Pecan	180	3	3	2
✓ Breyers Vanilla Fudge Twirl	160	3	3.5	2
✓ Breyers Salted Caramel	170	3	3.5	2
Dreyer's or Edy's Slow Churned Caramel Delight	160	3	4.5	4
✓ Fairlife Light Vanilla	150	3.5	2.5	9
Fairlife Light Butter Pecan	220	3.5	3	10
✓ Breyers Taste of America ¹	160	3.5	3.5	3
✓ Breyers Rocky Road	190	3.5	3.5	4
✓ Fairlife Light Chocolate	160	4	2.5	10
✓ Fairlife Light Cookies & Cream	180	4	3.5	9
✓ Breyers Cookies & Cream	190	4	4	3
Breyers Black Raspberry Chocolate	190	4	4.5	2
Fairlife Light Double Fudge Brownie	190	4	4.5	9
Breyers CarbSmart ^{1,5}	120	4.5	0	2
Breyers Natural Strawberry	150	4.5	3.5	2
Fairlife Light Cookie Dough	200	4.5	3.5	9
Fairlife Light Dark Cherry Chunk	180	5	2.5	8
Dreyer's or Edy's ¹	180	6	3	3
Breyers Natural Vanilla	170	6	3.5	3
Breyers Chocolate	180	6	3.5	3
Fairlife Light Mint Chip	190	6	3.5	8
Fairlife Light Caramel Toffee Crunch	210	6	3.5	9
Halo Top Keto Series ¹	170	7	0	6
Lactaid ¹	230	7	3.5	4
Breyers Mint Chocolate Chip	200	8	4	3
Killer Creamery Keto ¹	170	9	0	5
Talenti—Gelato, Layers, or Pairings ¹	300	9	6.5	5
Jeni's Boston Cream Pie	390	10	5.5	6
Beckon ¹	300	11	4	5
Jeni's Goey Butter Cake	330	11	6.5	5

	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)
Ben & Jerry's Core ¹	370	12	6.5	6
Ben & Jerry's ¹	380	12	6.5	6
Ben & Jerry's Topped ¹	390	12	7.5	5
Häagen-Dazs ¹	360	13	5.5	6
Häagen-Dazs Crispy Trio Layers ¹	370	17	5.5	5
Mammoth Keto Vanilla Bean	340	21	0	3

Frozen Yogurt (2/3 cup)

Ben & Jerry's FroYo Half Baked	230	2	5.5	6
Stonyfield Organic Whole Milk ¹	190	3	5	6
Ben & Jerry's FroYo Cherry Garcia	230	3	5	6
Noosa Frozen Yoghurt Gelato ¹	250	7	6	4

Dairy-Free (2/3 cup)

✓ So Delicious Soymilk Creamy Vanilla	160	0.5	3.5	2
Wildgood ¹	200	1	5.5	2
✓ Halo Top Dairy Free ¹	110	3	1.5	4
Breyers Non Dairy ¹	180	6	4	2
NadaMoo! No Sugar Added ¹	120	8	0	1
Oatly ¹	230	8	5	1
So Delicious Wondermilk ¹	230	8	5	2
So Delicious Coconutmilk No Sugar Added ¹	160	9	0	2
Planet Oat ¹	250	9	4	2
So Delicious Oatmilk ¹	220	9	4.5	2
So Delicious Cashewmilk ¹	250	9	5.5	3
Ben & Jerry's Non-Dairy ¹	350	10	7	3
Ben & Jerry's Non-Dairy Core ¹	340	11	7.5	3
So Delicious Coconutmilk ¹	250	12	5	2

Animal-Free (2/3 cup)

Nick's Vegan ¹	90	6	0	2
Brave Robot ¹	330	13	6	4

Sorbet & Sorbetto (2/3 cup)

✓ Halo Top ¹	90	0	3	0
Talenti Alphonso Mango	160	0	6	1
Talenti Roman Raspberry	150	0	7	1
Talenti Pairings Strawberry Margarita	140	0	7.5	0
Häagen-Dazs Raspberry	170	0	8	0
Häagen-Dazs Lemon	170	0	8.5	0
Häagen-Dazs Mango	200	0	9.5	0
Talenti Dark Chocolate	240	7	8.5	3
Talenti Cold Brew Coffee	280	9	7.5	5
Talenti Layers Coconut Chocolate Cookie	330	14	8	2

✓ Better Bite. (Better Bites refer to sat fat, sugar, etc., not taste.)

¹ Average of the entire line or the varieties listed.

⁵ Contains acesulfame potassium and sucralose.

Daily Values (for a 2,000-calorie diet): **Saturated Fat:** 20 grams.

Added Sugar: 50 grams (12 teaspoons). **Protein:** 50 grams.

Source: company information. Nutrition facts and ingredients can change; check the label before you buy. The use of information from this article for commercial purposes is strictly prohibited without written permission from CSPI.



FOOD FIND

Berry Good



What makes **strawberries** stupendous?

It's not just that they're an irresistibly sweet treat. Or that each cup is a good source of fiber and packs nearly a full day's vitamin C.

Strawberries are also 90 percent water, so their calorie density is low, even compared to most other fruits (see Apr. 2021, p. 3).

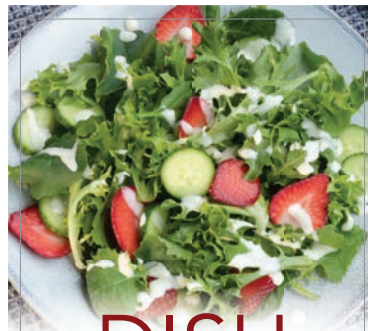
That explains why a *pound* of them delivers just 150 calories. That works out to about 50 calories per cup. There's no better way to bulk up yogurt, cereal, or even ice cream. (Don't expect much fruit in any of them, even if the label says "made with real strawberries.")

Those perks apply no matter the month. But June is when petite, bright red, super-sweet strawberries grown closer to home start popping up at the market (unless, of course, you're lucky enough to live in California or Florida).

Bought more in-season beauties than you can snack your way through before they go bad? Don't forget:

■ **Savory salads.** Toss sliced berries with baby spinach, goat cheese or pecans, and balsamic dressing. Or try The Healthy Cook's Dish of the Month.

■ **The freezer.** Rinse, let dry, de-stem, and slice. Freeze in a single layer on a sheet pan lined with parchment paper until firm, then transfer to a freezer bag...and enjoy those strawberry yields forever.



DISH of the month

Summer Strawberry Salad

Whisk together 2 Tbs. yogurt, 1 Tbs. extra-virgin olive oil, 1 Tbs. white balsamic, 2 tsp. dijon, and ¼ tsp. salt. Spoon over 8 cups salad greens, ½ cup strawberries, and ½ cup cucumber. Serves 4.

FOOD FAIL



Cascade of Corn Syrup

"The easy texture. The mesmerizing cascade of tiny bubbles. The silky, frothy foam head."

Champagne? Nope. Premium beer? Wrong again. Try **Nitro Pepsi**, "the first-ever nitrogen-infused cola."



It's "all made possible by a unique widget technology placed at the bottom of every can," [explains Pepsi](#). "It's more than just a cola, it's an experience." More, indeed.

Nitro Draft Cola and **Nitro Vanilla Draft Cola** only come in 13.65 oz. cans, not your typical 12 oz. soda cans. And ounce for ounce, Nitro has about 32 percent more sugar (from high-fructose corn syrup) than regular Pepsi.

So instead of the 10 teaspoons (41 grams) of added sugar in a 12 oz. can of Pepsi, you get 15 teaspoons (62 or 63 grams) in a larger can of Nitro.

And you get 230 (empty) liquid calories—more than a regular Pepsi's 150—that don't curb your appetite like calories from solid food do.

Nitro also has 77 milligrams of caffeine per can, twice the 38 mg in a 12 oz. Pepsi.

"PepsiCo is committed to developing a portfolio of choices to respond to consumer demands related to health and wellness," says the company's [website](#), adding that "The World Health Organization recommends people consume no more than 25 grams of free sugars per day."

So just one regular or Nitro Pepsi puts you way over the WHO's limit? Oops.

pepsi.com—(800) 433-2652

Photos: alicja neumiller/stock.adobe.com (top left), PepsiCo (top right), Kate Sherwood/CSPI (bottom).

store.nutritionaction.com

@cspi

CSPI

WE CAN'T DO IT WITHOUT YOU!

Because CSPI takes no donations from corporations or the government and *Nutrition Action* accepts no advertising, 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 cspinet.org/donate0622 or call (866) 293-CSPI (2774).