

## health & bodybook

MUST-READ NEWS AND EXPERT ADVICE TO HELP PROTECT THE BODY YOU LOVE



Christina Aguilera reads labels: do you?

## Grocery store fat traps

Your average supermarket is a maze of 40,000 products. Which are healthiest? An aisle-by-aisle guide from Marion Nestle, Ph.D., author of the new book *What to Eat*:



**The cereal aisle** Reach for the boxes on top shelves first. Why? High-visibility middle shelves are often stocked with cereals full of refined carbs or sugar and not much else, says Nestle. (Companies often pay for this primo real estate, so stores stock their biggest moneymakers—generally cereals with corn syrup and other cheap ingredients—there.) And don't be seduced by "made with whole grains!" claims. "Eating whole-grain Cocoa Puffs is not much different from eating the original Cocoa Puffs. They're still candy," says Nestle. Check labels, and choose something with at least five grams of fiber per cup. Two that have it: Kashi Heart to Heart and Post Shredded Wheat.

**The snack aisle** Don't automatically go for "light" treats. You save only 10 calories per serving, for example, by choosing Reduced Fat Oreos over the originals—hardly enough to justify another cookie. "Personally, I like the real deal," says Nestle. "I like Oreos; I like junk food. But I understand what it is and its place in the diet—a small one."

**The bakery** You already know that white bread has fewer vitamins and nutrients and less fiber than wheat. But which of the seven-grain, sprouted-grain, multigrain, turbo-grain breads should you buy? Follow Nestle's rule

of thumb: Look for breads that have at least two grams of fiber per slice and list whole wheat or another whole-grain flour (such as whole oat) as the *first* ingredient. Period.

**The dairy case** "I don't know how yogurt got this reputation for being the healthiest food on earth," Nestle says. Most are loaded with added sugar—sometimes as much as seven teaspoons of it. Unless you're eating plain yogurt, Nestle says, "consider it dessert."

**The freezer section** Pass up the frozen hors d'oeuvres, pizzas, pockets, pastries and things that say "big" or "hungry" in the title—they're usually packed with calories and saturated fat. Even light meals can have too much sodium. If you *must* grab a frozen dinner, look for the one with the least sodium (your total daily intake of sodium should be less than 2,400 milligrams).

**The meat department** If you're craving red meat, choose "lean" cuts like sirloin or tenderloin, which are usually leanest. And keep portion sizes down to a quarter of your plate, or around three ounces, says Nestle. "That might seem small to many people, but it's what a reasonable portion actually should be." —ANNA ROUFOS