



Consumer Magazines Digest

The publication that summarizes as a professional education service for marketing, food and health professionals what consumers are reading about

Nutrition, Food Safety, Functional Foods, Nutraceuticals and Health-Related Topics

PLEASE OPEN BOOKMARKS in ADOBE READER (Vertical tab at far left) for Table of Contents, Key Word Searching, Magazines Reviewed etc.

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Tips for gleaning the greatest value from this publication

- *Consumer Magazines Digest* summarizes articles from selected monthly, but not weekly, U.S. and Canadian consumer magazines.
- Instructions for viewing the Table of Contents, going directly to articles listed there, and searching for Keywords are on page 9.
- Since *Consumer Magazines Digest* is designed for professionals who follow research developments, articles are summarized, but not critiqued.
- Articles are selected because readers need to know about them, even though sometimes the Editor does not necessarily agree with the content.
- Dr. McNutt's professional insights are presented in her editorial on page 2.
- When possible, opposing editorial perspectives are included on controversial topics. Priority is also given to new topics or recent research.
- The relevance of an article depends its source. Magazines are grouped by primary audience and content, and alphabetically on page 9.
- Magazine cover-date months are the same as the *Consumer Magazines Digest* issue, unless shown otherwise.
- The approximate length of each article is indicated by:

- Less than one page
- Approximately one page
- More than one page

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RING OUT the OLD – RING IN the NEW

Anticarb is Finally Over

GLAMOUR, p.142

An NPD Group survey shows that more than three quarters of the people who said they were following a low-carb plan last year have given it up. Experts we talked to said that dieters are returning to healthy carbs.

Now if we can just stay away from the sugary, highly processed carbs that got us into trouble in the first place.

Byline: Hallie Levine

In *The Paleo Diet for Athletes*, Loren Cordian, Ph.D., calculates that 72 percent of the food consumed today was utterly unavailable in Paleo times. He is totally opposed to the Atkins diet. "But," he says, "Let's not throw out the baby with the bathwater."

RUNNER'S WORLD, p.53

Byline: Amby Burfoot

Goodbye, 2005; Hello, Carbohydrates

ELLE, p.250

Douglas Kalman, MS, RD, of Miami Research Associates is basically the go-to guy for loads of athletes, including members of the New York Yankees.

When he analyzed my diet, I was surprised to learn that I was eating about equal amounts of carbs and protein (I thought I consumed *much* more protein.)

Kalman suggested I increase my complex-carb intake and I did. While I didn't think these were major changes, after just a few days I noticed I had more energy than usual, it didn't spike and dip (which is what happens with refined carbs), and on top of it all I felt full for longer, which is ideal.

Byline: Anne Kournikova

The Slow-Carb Diet

FITNESS, p.85

The next big thing in weight-loss is the *slow-glycemic diet*, and if you haven't read about it, you will.

Research is confirming what plans like *The South Beach Diet* preach. A diet mostly of foods with a low glycemic index may help cut calories without cravings by balancing blood-sugar levels.

Glycemic-index diets are some of the most complicated ever to hit the bookstores and their recommendations sometimes conflict. What most experts do agree on, however, is that following one may not do any harm and can even confer other health benefits.

Byline: Anna Roufos

The message of **The G.I. Handbook** by Barbara Ravage is that all carbs are not created equal.

The best low-G.I. foods? Most fruits, vegetables and, surprisingly, pasta!

MEN'S FITNESS, p.30

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McNutt Editorial

One of the things that makes editing the *DIGEST* so enjoyable is that at some point during my First Read of ~10,000 pages from ~50 magazines, a light bulb starts to flicker—*hadn't seen that topic or much about it before*. Then, another related or opposing perspective pops up and *that flicker becomes a flash*.

(1) The decline of Low Carb has been out there for several months but now it seems that the death certificate (for some consumers, anyhow) has been signed (See page 1). But the exciting thing that I hadn't seen in North American magazines is the new nomenclature, the *Slow Carb, i.e., low-glycemic* diet. Loren Cordian's advice about *not throwing the baby out with the bathwater* becomes more relevant in this context.

(2) Two articles do not make a trend but the two about genetic testing (See page 4) are more powerful than either alone. Positioning them next to **Nutraceuticals** hopefully turns on a light bulb for *you*.

(3) Spiritualism (See page 8) may seem a stretch as a food/nutrition related topic but, though there's nothing new about meditation, I don't recall this topic *per se* as a major title previously; now we have three of them. At the moment, the relevance to MNT is, slightly paraphrased, that "*If spirituality matters to the patient, that ought to matter to dietitians, clinical nutritionists and other health care providers.*"

Kristen

from EDITORS

Brand Names in Recipes

COOKING LIGHT, p.20

We're occasionally asked why we suggest specific brands for some ingredients listed in our recipes.

In the case of vegetable broth, organic versions have about half the sodium of their conventional counterparts, and Swanson happens to be the most widely available brand. Sometimes, a particular item will make a difference in the quality of the recipes. But most of the time, our suggestions are a shopping tool meant to help you locate an ingredient quickly, but using the specified brand won't make or break a recipe.

Byline: Alison Ashron, Sr. Food Editor

from READERS

The Power of Grapes

HEALTH, p.20

I believe your article "Cheers!" misleads people into thinking they need the alcohol rather than ingredients in the grape residue. The benefits are also available in simple grapes.

Susan McDaniels, Jackson, MS

HEALTH responds: *You're right. Several studies single out grape juice as healthy. Our research shows wine's beneficial effects are numerous, though, and we noted that wine's antioxidants could be responsible for its benefits.*

AD WATCH

Healthy Breakfast, Healthy Kids

WITH **QUAKER INSTANT OATMEAL**

Post this December calendar on the fridge and challenge your child to earn 100 points by eating a healthy whole grain breakfast all month long. Award extra points for other healthy foods like milk, juice and fruit. One point is earned for each.

Find more great nutrition information and resources at quakeroatmeal.com

CHILD [Dec/Jan], p.105

Healthy. Happy. Whole.

A vital part of comprehensive health is physical activity. These easy-to-act-on tips can help you put a little more in your child's life.

- Keep a list on your fridge of fun, fifteen-minute activities for when your child has a few spare minutes.
- Work in a little extra exercise by walking to school or errands.
- Encourage your child to get involved in team sports.
- Try a family walk after dinner, a weekend hike, or take the whole gang ice skating.
- Be a good fitness role model.

Check out more ideas at KidsHealth.org

Advertiser: Cheerios

PARENTING, p.58

Watch America's Heartland, the new Public Television series that explores the risk, rewards and realities of farming.

America's farmers are the backbone of our economy. And now their stories are being told nationwide with this new series.

For show dates and times, check your local Public Television listings or visit www.AmericasHeartland.org

Advertiser: Monsanto and the American Farm Bureau Federation.

BETTER HOMES & GARDENS, p.106

The WAR

Operation Stocking Stuffer

FAMILY CIRCLE, p.37

Based on thank-you notes and what her son tells her, Julie Ann Ivanov, founder of Operation Stocking Stuffer, says these are things our troops love to get:

Beef Jerky and corn nuts for long, boring watches. Protein bars or prepackaged tuna or chicken salad with crackers for energy. Slinkies, Nerf balls and Frisbees for play during down times. Chapstick, baby wipes, chemical hand and food warmers, Q-tips, disposable cameras and letters of encouragement.

For other opportunities, go to AAFES.com, operationuplink.org, uso.org, <http://www.operationusocarepackage.org>, and <http://www.Treatsfortroops.com>

Byline: Stephanie Stephens

The HURRICANE

Hurricane Relief

MOTHER EARTH [Dec/Jan], p.22

Whole Foods Market provided a month-long pay continuation and \$2,400 relocation assistance for all of its New Orleans-area employees after Hurricane Katrina. The company also gave food to victims and set up hurricane-relief donation activities in all of its stores. Also, the company will match 100 percent of its customers' donations, up to \$1 million. www.wholefoodsmarket.com

Hell and High Water

VEGETARIAN TIMES [Nov/Dec], p.4

Just as we were finishing this issue, Katrina slammed into the Gulf coast. Ever since, people everywhere have been trying to help. Checkbook charity doesn't feel like enough.

The VT staff has decided to adopt a family. Not for a few weeks but for however long it takes to get them back on their feet. Our parent company is matching donations to the Red Cross. Our advertisers are shipping food and health supplies to rescue centers. One staffer is focusing on animal relief, another on organizing product donations.

Step by step, family by family, town by town, it's how we can make the holidays brighter than seemed possible just a few days ago.

Byline: Val Weaver, Editor-in-Chief

HOLIDAY GIVING

Changing the World, One Chicken at a Time

MOTHER EARTH [Dec/Jan], p.32

Since the day I first saw a Heifer Project brochure promising that my gift of a flock of chicks or a goat could change someone's life, I've believed that promise in an abstract. When I went to Peru with a dozen Heifer devotees, we were invited to a *Compartir recursos* — "passing on the gift"—an event where families that receive livestock through Heifer share the offspring of these animals with neighboring families.

The eradication of poverty involves more than satisfying physical needs. It means reaching, somehow, the soul of a woman who has lost her husband and children, whose grief goes beyond hunger, I imagine, into a sense of human irrelevance.

To trust that our lives have meaning, everyone needs to effect some tangible change in the world. It's why I donate to Heifer. Why should I think I'm alone in that desire? www.heifer.com

Byline: Barbara Kingslover

Type in your zip code at secondharvest.org to find **local food banks and food rescue programs** and learn how you can volunteer to help.

Call **800-786-2663** to ask to speak with your congresspeople and tell them to cosponsor the **Global Poverty Resolution.**

SEVENTEEN, p.102

Cook for a Cause

COOKING LIGHT, p.25

If you're not sure where to start, log on to www.volunteermatch.org. Type in your zip code and interest area (e.g., "feeding the hungry"), and you receive a list of local charities advertising their needs. The postings are varied. A sample search turned up a need for volunteers to cook for the ill, another to make sack lunches for homeless children.

Share Our Strength sponsors a nutrition education program that offers cooking classes to disadvantaged families. Volunteers grocery shop for classes, assist students or teach courses. www.strength.org/what/operationfrontline

Byline: Kristyn Kusek

HOLIDAY ILLS

Indigestion Treatments

CANADIAN LIVING, p.112

Prevention is the best cure but if you've hovered over the buffet table too much, try these tips:

- Drink hot ginger
- Brew herbal tea
- Don't eat two to three hours before bedtime
- Enjoy a walk after a meal
- Consider organic hemp oil.
- Take a full-spectrum digestive enzyme

Byline: Patricia Robertson

Heartburn or Heart Attack?

FAMILY CIRCLE, p.52

The nerve fibers that supply portions of the heart are the same ones that supply the esophagus, so if acid leaks upward, the esophagus can go into spasm, mimicking heart problems.

The difference:

Heartburn pain comes right after a rich or heavy meal. Symptoms go away after taking an OTC heartburn drug and the pain usually does not radiate down the arm (although it is possible).

Heart attack pain comes during or after exertion or emotional distress. It is accompanied by an irregular heartbeat or pulse, shortness of breath, dizziness, a sudden cold sweat and/or pain radiating from the chest to the neck, jaw, shoulders or arm.

Byline: Alice Burdick Schweiger

For the first time ever,
American drinkers say they
like *wine*
just as much as *beer*.

PREVENTION, p.33

Source: Gallop Poll of 1,006 adults

No More Hangovers

GLAMOUR, p.134

The best way to prevent a hangover is don't drink. If you do, try these tips:

Before you go out: Drink two glasses of water and have a burger.

While you're drinking: Stick to clear alcohol and avoid caffeinated mixers like Red Bull.

On your way home: Grab a snack with lots of complex carbs.

HOLIDAY GAIN

Weight Gain Myth

COOKING LIGHT, p.54

Many people think they put on five to seven pounds during the holidays but a yearlong study published in *NEJM* found that the average weight gain during the six-week span from Thanksgiving to New Year's is just under one pound.

"The weight gain isn't dramatic, but participants did not reverse their gains during the following months," says Susan Z. Yanovski, M.D., of the NIH Obesity and Eating Disorders Program. Weight gain may accumulate and contribute to the more substantial gains many people experience as they age.

Byline: Amelia R. Farquar

Don't bother dieting over the holidays.

You'll probably slim back down naturally once you return to your regular eating and exercise habits, a study in *Physiology & Behavior* notes.

SELF, p.86

Don't Gain a Pound

CHATELAINE, p.110

Escape the aroma of holiday baking by chewing gum and leave the room while your freshly baked goods cool.

Rebuff the buffet by taking your plate to another room or chat with friends in an opposite corner.

Regift edible presents or, better yet, donate them to a food bank.

Sip cider. It's not much lower in calories than alcohol, but it won't lower your willpower to resist high-calorie foods.

Plan a non-eating event such as skating or family shopping.

Byline: Shandley McMurray

Think Yourself Thin

FAMILY CIRCLE, p.58

To stay slim—and sane—this holiday:

- Maintain a semblance of normalcy in your eating patterns.
- Enjoy yourself without overdoing holiday food parties.
- Learn to say no gracefully.
- Take a break from food by non-eating activities.
- Don't starve or stuff before the party.
- Switch your signature sweets.
- Pack healthy snacks for the car or plane.

Byline: Nicco Micco

GENETICS

Genetic Testing: Promise and Peril

CHILD [Dec/Jan], p.91

Thanks to the sequencing of the human genome, an explosion of new genetic screenings means it may soon be possible to test fetal cells for more than 1,000 conditions. This year Baylor began offering a \$1,900 amniocentesis that tests for 50 genetic conditions, mostly those associated with mental retardation.

Scientists in Australia have a new, noninvasive method for collecting fetal cells in the first trimester for genetic analysis; the method will be tested in the U.S. in the coming year. With more earlier tests available, parents can make a fully informed decision about whether to continue a pregnancy.

And that, say ethicists, is what makes prenatal testing controversial.

A concern is that if parents don't take advantage of this technology they might be guilty of "genetic negligence." For instance, insurance companies might deny care to parents who refused testing and had a child with a testable problem.

Byline: Monika Guttman

Medical Fortune-Tellers

OPRAH, p.201

New DNA tests promise to tell you whether you have the genes for diabetes, heart disease, and dozens of other ills.

But do you really want to know?

Will knowing do any good? and

How accurate are these tests, anyway?

Driven by the genetics revolution—in particular the complete sequencing of the human genome two years ago—predictive medical tests are flooding the market. Analyses which can cost from \$75 to \$3,000 are often available without going through a doctor and sold online. Some screeners sell supplement formulas to "treat" conditions such as obesity.

Byline: Diana Kapp

Companies now are making
fuel from corn and soybeans.

Know what that means?

Our **cars** will have
healthier diets
than we do.

READER'S DIGEST, p.136

Byline: Jay Leno

NUTRACEUTICALS

In the fuss over calories and nutrients,
we forget how intoxicating the
sweetness of a peach can be.

OPRAH, p.266

Byline: Gretchen Reynolds

Daily Dose of Probiotics?

EATING WELL [Dec/Jan], p.17

There's no recommended daily dose of probiotics, but research suggests aiming for 1 billion to 10 billion live bacteria cultures (measured in Colony Forming Units, or CFUs). Since bacteria counts are rarely found on food labels, focus instead on eating a serving of a probiotic-rich food every day. A cup of kefir, or yogurt labeled "live and active cultures," for example, will put you well within that range.

Byline: Alice Lesch Kelly

How Much Omega-3?

MEN'S HEALTH, p.112

"Aim for 500 to 600 mg a day of EPA and DHA combined," says Robert Katz, PhD, of the Omega-3 Research Institute.

The AHA recommends consuming twice that amount, a total of 1 g. Anyone can take more, but unless your doctor advises it because of a medical condition, cap your intake at 2 g a day.

Because fish oil acts as a blood thinner, taking it in high amounts could result in excessive bleeding if you're in a serious accident. (It's not a major concern, but consider it our obligatory disclaimer.)

Byline: Tamar Haspel

Potatoes contain *kukoamines*,
chemicals that can
reduce blood pressure.
Baking and frying
don't preserve their powers
quite as well as microwaving.

Byline: Elena Rover

SELF, p.80

OJ for Arthritis

FAMILY CIRCLE [Nov.29], p.56

According to an *AJCN* study, OJ's high levels of beta-cryptoxanthin appear to help protect against rheumatoid arthritis and also help ward off other health problems linked to inflammation such as heart disease.

Byline: Christine Brophy

HEART & CANCER

Lard: New Health Food?

FOOD & WINE, p.102

To my generation, the phrase *deep fried in pure lard* is shorthand for *morbid obesity*. The last thing I expected to see in the Op-Ed page of the *New York Times* was an engraved invitation from food writer Corby Kummer to eat french fries and fried chicken, yet that is roughly what I got one day last summer.

In response to the news that New York City's health commissioner had asked local restaurants to stop using cooking oils containing trans fats, Kummer proposed bringing back lard. Lard, he cheerfully reported, contains just 40 percent saturated fat (compared with nearly 60 percent for butter). Its level of monounsaturated fat is "a very respectable 45 percent," he noted, "double butter's paltry 23 or so percent."

Byline: Pete Wells

55% of women now know heart
disease is **their number-one killer.**

Doctors hope to turn that new
awareness into prevention.

GLAMOUR, p.144

Taters for Tots

ELLE, p.252

A startling study from Brigham and Women's Hospital found that preschool girls who regularly ate french fries had an increased risk of developing breast cancer as adults.

Mothers of more than 2,000 women in the Nurses' Health Study were asked about their daughters' diet from ages three to five. For each weekly serving of french fries, the breast cancer risk increased by 27 percent.

Byline: Rachael Combe

Nix the B₆

MORE [Dec/Jan], p.152

Although both folic acid and vitamin B₆ reduce elevated blood levels of homocysteine, a Norwegian study found that neither supplement actually reduced the number of heart attacks.

And taken together, these vitamins could be harmful. Those who took both had a 20 percent increase in severe heart attacks or strokes, despite their homocysteine levels having fallen by one-third.

Byline: Kathleen McAuliffe

OBESITY & DIETING

Why Diets are Dumb

GLAMOUR, p.276

Diets:

- make you obsess about food.
- wack out your metabolism.
- can screw up your hormones.
- mess with your mind.

Byline: Martha Barnette

Coconut Oil for Weight Loss?

SHAPE, p.152

A little coconut won't hurt but don't be fooled by recent books that tout coconut oil for weight loss and health.

The main saturated fat in coconut is lauric acid, a medium chain triglyceride. MCTs increase metabolism, aid in weight loss and lower body fat. However, there are **no studies on coconut and weight loss**. To see results, you must consume half your calories as MCTs, which could cause side effects, including nerve damage and intestinal cramping.

Source: Elizabeth Somer, MA, RD

The Embarrassing Side of Healthy Eating

EATING WELL [Dec/Jan], p.19

What causes the noxious vapors?

Some healthful carbohydrate is not completely digested in the small intestine. In the large intestine, friendly bacteria break them down and ferment them—giving off gas in the process.

Increasing fiber intake not only helps your intestinal bacteria adapt, but it also moves food waste through your intestines faster. The quicker the transit, the better. The longer food sits in the intestine, the longer the bacteria act on it, producing more gas.

Byline: Jill Weisenberger, MS, RD, CDE

Implanted Preferences

TODAY'S PARENT [Canada], p.19

Researchers have succeeded in implanting "false memories" of food preferences in college students, misleading them into believing they hated strawberry ice cream and loved asparagus. UC Irvine psychologist Elizabeth Loftus believes the findings might help dieters curb their cravings.

No word yet on the prospects for influencing picky preschool palates.

Your Brain on Food

ELLE, p.254

Scientists are comparing the brain on drugs with the brain on food and finding some very surprising similarities. Nora Volkow, the Director of National Institute of Drug Abuse, has investigated the link, finding fewer receptors for dopamine—one of the brain's pleasure chemicals—in people who are obese, alcoholic, or addicted to cocaine.

She eschews the term food addiction but points out that if you look at the *medical criteria for dependency*—which include taking more of a substance than intended, trying unsuccessfully to cut down, and continuing the abuse despite its recurring toll—"You can take food and say, 'Of course.'"

Byline: Susan Orenstein

Diet Injections

ALLURE, p.130

In a London study, 14 people injected themselves before every meal for four weeks with oxntomodulin, a hormone that registers fullness. Though told not to change their diet or exercise habits, they ate 25 to 35 percent less and lost an average of five pounds compared to a control group that lost only one pound.

Byline: Kristin Cobb

Low-Cal for Longevity

MEN'S HEALTH, p.42

Skeletal centenarians aside, UCLA researchers found that severe calorie restriction does not increase longevity. Studies of mice showed that cutting calorie intake in half extended life spans by a third. But when humans went hungry, they live only 3 percent longer.

Byline: Erin Hobday

Diet-Soda Surprise

ALLURE, p.134

In a University of Texas study, among healthy-weight subjects who drank one to two diet sodas daily, nearly 55 percent became overweight within eight years, versus 33 percent who drank this number of regular sodas, and less than 25 percent who drank neither.

Perhaps as people gained weight, they drank more diet soda. Still, research on rats suggests that artificial sweeteners can boost appetite.

TRENDS

2005 Best and Worst

SHAPE, p.164

Nice trends:

- Whole grains – *this one's a keeper*.
- Portion control – *expect to see more pre-portioned foods at the supermarket*.
- Tossing trans fats – *destined to go the way of the banned red dye No.2*

Naughty trends:

- Hidden artificial sweeteners—*savvy dieters will eradicate this trend*.
- High-meat diets – *Low-carb diets are already on their way out*.
- Raw-food diets – *not long-lasting*.

Byline: Densie Webb

COLD CURES

Does Echinacea Fight Colds?

MOTHER EARTH, [Dec/Jan], p.20

Echinacea's effectiveness was called into question last July when *NEJM* published results of an NIH-NCCAM funded clinical trial that found the herb did not help treat or prevent colds. However, one of the study's co-authors, Dr. Rudolf Bauer, told *The New York Times* that different dosages, species and preparations of echinacea should be tested.

Mark Blumenthal of the American Botanical Council says that while this study provides useful information about the preparation of *E. angustifolia* used at a particular level, the dosage should have been higher. The level tested was for a different species and more recent standards, including those of WHO and the Canadian National Health Products Directorate, recommend 3,000 mg daily.

Byline: Megan Phelps

Influenza cells stopped replicating when Italian researchers doused them with **resveratrol**.

MEN'S HEALTH, p.50

Vitamin C for Colds?

FAMILY CIRCLE [Nov.29], p.62

An Australian review of 29 studies found no evidence that vitamin C in daily doses from 200 mg to 2 g reduced the number of colds. However, taking vitamin C once you start sniffing may help keep your illness short and less severe. But more than 500 mg a day can cause diarrhea and acid reflux.

INDUSTRY MATTERS

Easier-to-Spot Superfoods

HEALTH, p.161

Dole is the first company we've found to start labeling its fruits, veggies, and canned products with "Superfoods" icons that identify whether the food has been found to benefit your heart, skin, bones, joints, eyes, brain or immune system. Also, next July the Dole Wellness Center, a 750,000 sq. ft. luxury hotel and spa run by the Four Seasons group, opens in the LA area.

Battle of the Diet Cola Clones

CONSUMER REPORTS, p.9

Once upon a time, shortly after dinosaurs roamed the earth, there was one kind of Coke and one kind of Pepsi.

And now? Twenty-eight.

Is this niche-marketing run amok, or is there a reason for the sea of soda?

We sponsored a three-day taste-off of six by as many as 127 staffers per day. Staffers could discern differences, but those were slight and varied with the person doing the tasting.

NEW PRODUCTS

What is PGX?

CHATELAINE, p.88

PolyGlycoplex (PGX) is an all-natural dietary fibre blend available in diet shakes. When ingested, it absorbs water and keeps you full for several hours.

Sounds great, right?

Not quite. There's no solid research supporting its weight-loss claims. Plus, without proper fluid intake, too much fibre can cause severe constipation. Opt for a healthy diet and exercise instead.

Byline: Maureen Halushak

"Mommy" Nutrition Bars

FITNESS, p.44

Oh Mama! bars, Mommy Munchies and the Bellybar claim to provide many of the same vitamins and minerals as prenatal multis and some contain omega-3 fatty acids.

But be careful. "If you're also taking prescription prenatal vitamins, you could get too much of certain nutrients," warns ADA spokesperson Melinda Johnson, RD.

FOOD SAFETY

Connecticut has a tough new "*distracted driver*" law. Motorists face a \$100 ticket for doing *anything at the wheel* (eat, yak on a cell phone) besides driving.

Fine with us.

READER'S DIGEST, p.28

Don't Forget Soy Allergies

E, The ENVIRONMENTAL Magazine, p.8

Your July/August article on peanut and tree nut allergies failed to warn parents that children with nut allergies are at risk of severe—even fatal—reactions to soy.

The Swedish National Food Administration warns that those at highest risk of soy allergy suffer from asthma as well as peanut allergy.

Byline: Kaayla T. Daniel, PhD, CCN

Unhappy Meals

VOGUE, p.290

The word *allergies* is bandied about so casually these days that you might mistake it for a mere statement of preference or a strategy for keeping foods off limits. But an estimated eleven million Americans now suffer from potentially fatal food allergies.

Just nine years ago, it was thought that figure was lower than two million, though some sufferers went undiagnosed.

Why has this happened?

The most widely accepted idea is what's known as the *hygiene hypothesis*. Food allergies are due to an overactive immune system, which reacts to the protein in certain foods as if it were a parasite and creates antibodies specific to that food. The hygiene hypothesis holds that a decrease in childhood illness has left our immune system with nothing to do but lash out against all the wrong things. In other words, by making our children too healthy, we have put them in danger.

Byline: Gaby Wood

If you enjoy *gourmet cheeses* made with *raw milk*, buy only those that are *aged more than 60 days* and that *say so on the package*.

CANADIAN LIVING, p.94

Byline: Frank Bushe

PLANT FOODS

As supermarkets fill their shelves with the latest, greatest granola and oat-bran breads, the **easiest way to get all the benefits from whole grains** is to *consume them . . . whole*.
VEGETARIAN TIMES [N/D], p.25

Peanut Paste Helps Save Children's Lives

EATING WELL [Dec/Jan], p.74

Combined with vitamins, minerals and milk powder to yield an ultra-nutritious paste called Plumpy'nut, an enriched peanut melange is being hailed as a miracle food that's rescuing children in Third World famine-relief programs.

Concocted by the French company Nutriset, the ingenious product is sealed in individual-dose foil packets and has a 2-year shelf life. Best of all it tastes good, and hungry kids eat it eagerly.

A \$20 contribution provides enough Plumpy'nut to rehabilitate a child. Go to www.doctorswithoutborders.com

Byline: Alice Z. Lawrence

Shrink Your Veggies

MEN'S HEALTH, p.48

When veggies are cooked, they can shrink in volume by more than 80 percent. As a result, the beta-carotene in a full cup of cooked spinach, for example, increases by 600 percent over that in a full cup of raw spinach.

Byline: Adam Campbell

Is Couscous a Grain?

TODAY'S PARENT (Canada), p.66

Surprise, surprise, it's not a grain but a type of pasta. Those granules are made from durum wheat, which is pounded into semolina flour—the same material used to make spaghetti, penne and rigatoni. Just like pasta, couscous is available in both regular (read: refined) and whole wheat versions.

Byline: Madeleine Greey

Juice for Alzheimer's

HEALTH, p.77

A 10-year study involving more than 1,800 Japanese-Americans found that those who drank 8-ounces of fruit or vegetable juice at least three times a week were four times less likely to develop Alzheimer's than those who had juice less than once a week.

FOOD SCIENCE

America's Brain Drain

READER'S DIGEST, p.109

In the disciplines underpinning our high-tech economy—math, engineering and science—America is losing its global edge.

- Several of our key agencies for scientific research face a retirement crisis within the next ten years.
- Less than 6% of our high school seniors plan to pursue engineering, down from 36% a decade ago.
- In 2000, 56% of China's undergraduate degrees were in the hard sciences; in the U.S., the figure was 17%.

As other countries create the learning centers and jobs to hang on to their best and brightest, we are doing remarkably little to educate and train a next generation of scientists and engineers.

Byline: Kathryn Wallace

Petri-Dish Dinner

MEN'S HEALTH, p.50

University of Alberta researchers are currently injecting cheese, bread, milk, and canned pasta with different strains of bacteria to examine their effect on taste and preservation quality. Ultimately, they hope to identify healthier alternatives to salt.

KIDS

When TV's Good for Kids

PARENTING, p.42

According to a study of 3- to 5-year-olds (at whom shows like *Sesame Street* are targeted) those who watch TV do better on *short-term memory* and *prereading* tests than those who don't.

For kids under 3, though, each hour of daily television watched has a slightly negative impact on learning.

Byline: Laura Flynn McCarthy

Brain-Boosting Fats

FAMILY CIRCLE [Nov.29], p.21

Children whose diets included more polyunsaturated fatty acids (PUFA) had better results on a memory test than those who ate more saturated fats and nutrient-poor foods according to a study of 3,500 children ages 6 to 16. PUFAs are believed to be an important building blocks in brain development.

Byline: Sally Kuzemchak

WOMEN

Increase Your Sexuality

MORE [Dec/Jan], p.141

Although you might not want to hear this, regular exercise helps. The SWAN (Study of Women's Health Across the Nation) found that women 42 to 52 who maintained or increased their physical activity were able to minimize weight gain. And a University of Vermont study of perimenopausal women found that those who were easily aroused as they aged also exercised regularly. Physical activity can also boost body self-image, and, in turn, can improve your sex life.

Byline: Ginny L. Graves

Food and Fertility

FITNESS, p. 58

Soy beans and foods made with them contain isoflavones that may regulate reproductive hormones production and make ovulation more consistent. "But it's the overall quality of your diet that matters most when it comes to fertility," says ADA spokesperson D. Milton Stokes, RD. And don't forget getting enough folic acid is critical to ensuring healthy development of a fetus.

Byline: Leah McLaughlin

Diarrhea and My Period

COSMOPOLITAN, p.222

Prostaglandins are primarily responsible for the uterine contractions that help expel blood from your bod. "They also trigger contractions in your bowels, resulting in diarrhea," explains Mary Jane Minkin, MD, at Yale. To stop the runs, pop an anti-inflammatory painkiller, and consume bland, plain foods like white rice, bread, and bananas.

Byline: Esther Crain

Flavors in Amniotic Fluid

PARENTING, p.134

When you were pregnant, the flavors of foods you ate were transferred through amniotic fluid to your fetus; if you're nursing, what you eat flavors your milk.

Research shows that when your baby is ready to eat solid food, chances are he'll remember those flavors. For instance, in one study babies of moms who drank carrot juice seemed to relish the taste of cereal made with carrot juice.

Byline: Laura Flynn McCarthy

SWEETENERS

Visions of Chocolate

DIABETIC LIVING [Winter], p.9

When visions of chocolate dance in your head, it's now easier to indulge in a piece or two of your favorite confection, thanks to sugar alcohols.

Sugar alcohols (also called polyols) contain about half the calories of sugar. A Hershey's miniature sugar-free peanut butter cup contains 170 calories, versus 210 in a regular miniature. Godiva, Hershey's, and Russell Stover make just a few of the sugar-free chocolates you'll find this holiday season. However, because some sugar alcohols can cause gas and have a laxative effect, one or two pieces is enough.

Byline: Kristi Thomas, RD

Sugar Crash

SELF, p.86

German researchers found that mice that drank fructose-spiked beverages packed on more fat than critters that sipped liquid mixed with table sugar or fake sweetener. Fructose in fruit doesn't present the same problem because it takes longer to digest.

DRINKING

Tips for Pop Drinkers

CANADIAN LIVING, p.99

Soft drinks contain acids that erode the enamel of teeth.

- When drinking pop, position the straw near *the back of your mouth*, rather than just behind the lips.
- Try not to leave fluids in your mouth before swallowing.
- Rinse your mouth with water when you've finished your soft drink.
- Don't brush your teeth for a least an hour afterward because your enamel will be weakened.

Byline: Tammy Sutherland

A Soft Drink with Dinner

HEALTH, p.28

University of Arizona researchers found that soda is a surprisingly common cause of nighttime heartburn.

The carbonation seems to relax your sphincter, allowing acidic stomach juices to flow back up the esophagus. And the soda itself is highly acidic.

Byline: Rich Chillot

SPIRITUALISM

The Faith Factor

DIABETIC LIVING [Winter], p.42 

People of faith have long believed, as we do, that prayer can pull us through soul-crushing illness and rigorous medical treatment—that spirituality can improve our well-being. People of science are taking notice.

The connection between faith and health has been a topic of medical research over the past 25 years. In 1982, researchers at San Francisco General Hospital followed 393 coronary patients in a double-blind study. It turned out that those who received prayer had better health outcomes.

Duke's Center for Spirituality, Theology, and Health reports findings that link prayer and religious activity to a longer life, lower blood pressure, and fewer complications following surgery. An NIH study named prayer as the most commonly used form of alternative medicine.

There is no formula for prayer; instead there are ancient paths in every faith that, if practiced, will lead us to a deeper spirituality.

During this holy season for people of several faiths, it seems appropriate to reflect on spirituality. No matter the faith tradition, prayer is a universal expression in response to the Divine.

Byline: Rev. Linda T. Stueve

Faith Healing

PREVENTION, p.134 

NIH has sponsored at least \$3.1 million in research to study prayer's effect on heart disease, cancer and other conditions. This controversial inquiry divides into two questions: *Can a person's spiritual faith affect his or her health?* and *Can religion or spiritual practice, particularly intercessory prayer, affect the health of those being prayed for?*

The first is complicated because scientists must tease out the benefits from other health factors such as diet, exercise, and family history. The second suggests divine intervention at work, and there's no lab test for that.

Despite the controversy, an increasing number of health professionals advocate more spiritual awareness among practitioners. Simply said, if spirituality matters to the patient, that ought to matter to the health care provider.

Byline: Erik Ness

Can Prayer Heal?

OPRAH, p.182 

A study in *The Lancet* found that prayer didn't impact their subjects' chances of further heart problems, hospital readmittance, or death, but concluded that additional research is still needed.

Most experts agree that this study doesn't tell you much about prayer. "Not everything can be studied by research," says Jane Irvine, PhD, who studies non-drug therapies in cardiac patients at York University. Others believe it shouldn't be studied at all. Says Richard Sloan, PhD, in behavioral medicine at Columbia, "People should pray as their tradition dictates. Forget about trying to validate it by science."

Byline: Alison Motluk

PETS

Tuna for Cats?

PREVENTION, p.26 

Kitties, just like people, should not overindulge in tuna, but for different reasons. Tuna marketed to people does not provide cats a balanced diet. Tuna-flavored cat food, on the other hand, has added vitamins and minerals and taurine which helps prevent a feline heart condition.

Feeding canned tuna occasionally to adult cats does not appear to alter their health or behavior. But avoid it for young, rapidly growing kittens; their nervous systems are too immature to handle the mercury.

Sit, Stay, Lose Weight!

AARP Magazine [Nov/Dec], p. 116 

These days, 60 % of pooches have too much paunch. Why not make working out an interspecies affair?

Resistance training: If you've ever tried to steal a tennis ball from a golden retriever, you know that a determined dog can give you a good workout.

Dancing: The World Canine Freestyle Organization is an association for dogs that dance and their owners. If you think your dog has what it takes, roll up the carpet and turn up the volume.

Swimming: Go slow before getting in over your heads—some dogs can't swim. Keep the dog close so you can bail him out if he gets tired.

Byline: Monica Hesse

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Kristen

BOOKMARK INSTRUCTIONS

You can view the **Table of Contents** by *clicking the BookMarks Tab* at the left of your screen in Acrobat Reader. When “collapsed”, you will see **only the SECTION HEADS**. To **view ARTICLE TITLES** in each section, click *the triangular down-arrow to the right of Options* (directly above bookmarks display).

Then click *Expand Top-Level Bookmarks*.

If you want to go back to only the Section Heads overview, click *Collapse Top-Level Bookmarks*.

To **view longer titles in full**, position the cursor on the double line between the bookmarks and the page display. Just move it to the right.

You **can go directly** to any Section Head or Article by *clicking on that Bookmark*.

KEYWORD SEARCH INSTRUCTIONS

Click on the **BINOCULARS** in the top middle tool bar.

You can search for any word or phrase of interest to you.**

You can also search for **KEYWORDS**.

You cannot “see” the keywords in the document. However, if you search for them, each appearance should be listed in the box below, after your search. **Set “View” at 150% to go most directly to articles.**

My Adobe Acrobat seems to find *short portions of a word* better than longer words. Therefore, set the search options as:

Whole words – OFF

Case sensitive – ON **

Type the search request in the dialogue box in ALL CAPS

TYPE	Keywords topics	*Selections
ACTIV	Activity and fitness	8
AGR	Agriculture and Biotechnology	3
CARB	Slow-carb, Low-Glycemic, Low Carb	4
HEART	Diabetes, Heart Disease & Cancer	9
DIET	Dieting (with Carb/Glycemic) & Obesity	15
DIS	Diseases not found as HEART or DIET	19
SCI	Food Science	3
SAFE	Food Safety	8
NUTRA	Functional foods & Nutraceuticals	10
HEART	Heart Disease, Cancer & Diabetes	9
PROD	Industry Matters and Products	20
LAUGH	Jokes, cartoons and humor	3
REGULA	Labeling and Regulatory	6
NUTRA	Nutraceuticals & Functional Foods	10
DIET	Obesity and Dieting	15
POLICY	Policy and controversial issues	10
REGULA	Regulatory and Labeling	6
CARB	Slow-carb, Low-Glycemic, Low Carb	4
SOCIO	Socioeconomic, psychological, political	8
SUPP	Supplements (micronutrients, herbals)	6
SURV	Surveys	5

* Approximate number of “hits” this month.

** Searches, *other than Keywords*, turn Case Sensitive OFF

To ON-SCREEN READ articles found by Keyword Search, first *zoom to 150%*, then click *ON the underscored word*. *This takes you directly to each article.*

MAGAZINES GROUPINGS

The editorial focus and advertising of consumer magazines does not always fall into neat categories. However, they can generally be grouped as follows:

A. BROAD CONTENT:

1. *Monthly, primarily for women but read by many men:* Better Homes and Gardens, Good Housekeeping, Ladies’ Home Journal, Oprah, and Redbook.
2. *~17 issues/year, primarily for women:* Family Circle and Woman’s Day
3. *For both men and women:* Reader’s Digest
4. *Primarily for Black readers:* Ebony and Essence
5. *Canadian:* Canadian Living and Chatelaine

B. AGE GROUP TARGETED:

1. *Parents:* Child, Parenting, Parents, Today’s Parent (Canada), and Working Mother
2. *Teens:* Seventeen and Teen Vogue
3. *Women ~ “over 40 yr. old”:* More
4. *Retirees:* AARP Magazine

C. HEALTH & FITNESS:

1. *More health oriented:* Health, Men’s Health, Prevention, Self, Shape
2. *More fitness oriented:* Fitness, Men’s Fitness, Runner’s World

D. CULINARY (secondary focus):

Cooking Light (*health/fitness*), Eating Well (*socio-economic issues*), Food & Wine (*gourmet/travel*)

E. FASHION [BEAUTY]:

1. *Upper income, female:* Elle, Harper’s Bazaar, Vogue
2. *Upper income, male:* Gentlemen’s Quarterly
3. *Mainstream:* Allure, Cosmopolitan, Glamour

F. ISSUE and/or AUDIENCE Targeted

1. *Environmental Lifestyle:* E, The Environmental Magazine; Mother Earth News
2. *Ms. (women’s rights, global)*
3. *Vegetarian Times (recipes)*
4. *Body & Soul (holistic)*
5. *Consumer Reports (product testing)*
6. *Black Enterprise (business/economics – Black audience)*
7. *The Atlantic Monthly (literally, socio-economic)*
8. *Diabetic Living (people who have diabetes)*

MAGAZINES ALPHABETICALLY

AARP (*American Association of Retired Persons*) **B4**; Allure **E3**; [The] Atlantic Monthly **F7**; Better Homes and Gardens **A1**; Black Enterprise **F6**; Body & Soul **F4**; Canadian Living **A5**; Chatelaine **A5**; Child **B1**; Consumer Reports **F5**; Cooking Light **D**; Cosmopolitan **E3**; Diabetic Living (quarterly) **F8**; E, The Environmental Magazine **F1**; Eating Well [bimonthly] **D**; Ebony **A4**; Elle **E1**; Essence **A4**; Family Circle **A2**; Fitness **C2**; Food & Wine **D**; Gentlemen’s Quarterly **E2**; Glamour **E3**; Good Housekeeping **A1**; Harper’s Bazaar **E1**; Health **C1**; Ladies’ Home Journal **A1**; Men’s Fitness **C2**; Men’s Health **C1**; More **B3**; Mother Earth News **F1**; Ms.[quarterly] **F2**; Oprah **A1**; Parenting **B1**; Parents **B1**; Prevention **C1**; Reader’s Digest **A3**; Redbook **A1**; Runner’s World **C2**; Self **C1**; Seventeen **B2**; Shape **C1**; Teen Vogue **B2**; Today’s Parent **B1**; Vegetarian Times **F3**; Vogue **E1**; Woman’s Day **A2**; Working Mother **B1**.