

# NUTRITION ACTION HEALTHLETTER INDEX

# 2005

## Ads, misleading

"clinically proven" products, Jan./Feb., p. 8  
dairy and weight loss, Sept., p. 2, 9, 13  
deceptive claims, Oct., p. 9

## Alzheimer's disease (see "Memory")

## Antioxidants (see also "Supplements" and "Vitamins and minerals")

in berries, Jun., p. 8  
and cancer, Jan./Feb., p. 10, Nov., p. 1  
in chocolate, coffee, green tea, Nov., p. 6  
and heart disease, Nov., p. 1

## Aspartame

and cancer, Sept., p. 8

## Bones

and calcium, potassium, protein, vitamins A, D, K, Apr., p. 1  
and calcium, vitamin D, Jun., p. 12  
and exercise, Apr., p. 1, Dec., p. 1  
and lead, Mar., p. 1

## Cancer

and antioxidants, Jan./Feb., p. 10, Nov., p. 1  
and aspartame, Sept., p. 8  
breast and diet, estrogen, exercise, weight, Sept., p. 1  
colon and magnesium, Mar., p. 8  
colon and red meat, fish, Sept., p. 8  
colon and selenium, Jan./Feb., p. 10, May, p. 9  
and exercise, Jul./Aug., p. 12, Dec., p. 1  
and flaxseed, Dec., p. 7  
and green tea, Nov., p. 6  
head or neck and vitamin E, Jun., p. 12  
pancreatic and red meat, Dec., p. 10  
prostate and very-low-fat diet, Oct., p. 8  
and weight, Oct., p. 1, Dec., p. 10

## Carbohydrates

lower-carb breads, Apr., p. 13  
lower-carb hot cereals, Nov., p. 12  
lower-sugar foods, May, p. 1

## Cholesterol (see "Fats and oils" and "Heart disease")

## Colds

and DanActive, Oct., p. 9  
and Echinacea, Oct., p. 8

## Dementia (see "Memory")

## Diabetes

and exercise, Dec., p. 1  
and kidney function, lead, Mar., p. 1  
and memory, Jan./Feb., p. 1  
and sleep, Jul./Aug., p. 10  
and vegetables, Jan./Feb., p. 10  
and waist size, May, p. 9  
and weight, Oct., p. 1

## Editorials—Memos from MFJ (p. 2)

2005 dietary guidelines, Mar.  
Coronary Health Improvement Project (CHIP), Oct.  
the cost of convenience foods, Apr.  
CSPI's 35 years, Nov.  
dairy and weight loss, Sept.  
Heart Corps for healthy diets, Jan./Feb.

nutrition labels at McDonald's, Dec.  
palm oil and the environment, Jun.  
soft drinks (*Liquid Candy*), Jul./Aug.  
supplements: safe & effective? May

## Exercise

and bones, Apr., p. 1  
and bones, brain, cancer, depression, diabetes, heart, immune system, muscles, stroke, weight, Dec., p. 1  
and cancer, Jul./Aug., p. 12, Sept., p. 1, Oct., p. 8  
and memory, Jan./Feb., p. 1  
and risk of dying, Mar., p. 8  
and weight, Mar., p. 8, Apr., p. 9

coffee and diabetes, gallstones, liver cancer, Parkinson's, Nov., p. 6  
cranberries and urinary tract infections, Jun., p. 8  
dairy and weight, Sept., p. 2, 9, 13  
flaxseed and heart disease, cancer, Dec., p. 7  
foods & disease quiz, Mar., p. 9  
frozen dinner claims, Jun., p. 10  
fruits and vegetables, Apr., p. 1, Jul./Aug., p. 12  
green tea and cancer, Nov., p. 6  
low in sugar, May, p. 1  
meats and cancer, Sept., p. 8, Dec., p. 10  
nuts and heart disease, Nov., p. 8  
oatmeal and heart disease, weight, Nov., p. 12



## Eyes

cataracts and lead, Mar., p. 1  
dry eyes and omega-3 fats, fish, Dec., p. 10

## Fats and oils (see also "Heart disease")

fatty foods and breast cancer, Sept., p. 1  
in flax, Dec., p. 7  
in nuts, Nov., p. 8  
omega-3 fats, Jan./Feb., p. 1, May, p. 1, Sept., p. 8, Nov., p. 12, Dec., p. 7, 10  
trans fats, May, p. 1

## Fiber

in breads, Apr., p. 13  
in cereals, Nov., p. 12  
functional fiber added to foods, May, p. 1  
in yogurt, Sept., p. 13

## Fish (see "Seafood")

## Food Porn (back cover)

Bertolli's Grilled Chicken Alfredo Skillet Dinner, May  
Dove Ice Cream, Sept.  
Simply Potatoes Mashed Potatoes, Dec.  
Southwest Airlines Snack Pack, Mar.  
Starbucks Chantico Drinking Chocolate, Apr.  
Starbucks Chocolate Peanut Butter Stack, Oct.  
Stouffer's Corner Bistro frozen entrees, Nov.  
Tiger Classic Fondue, Jan./Feb.  
Uno Deep Dish Pepperoni Pizza, Jul./Aug.  
Wholly Healthy Truly Natural All Butter Golden Pound Cake, Jun.

## Foods (see also "Seafood" and "Whole grains")

alcohol, soy, and breast cancer, Sept., p. 1  
blueberries and memory, Jun., p. 8  
chocolate and blood pressure, Nov., p. 6

## Heart disease (see also "High blood pressure" and "Stroke")

and antioxidants, Nov., p. 1  
and beans, nuts, vegetables, whole grains, Jul./Aug., p. 12  
and bran, Apr., p. 9  
and Cheerios, garlic, omega-3s, Oct., p. 9  
and chocolate, Nov., p. 6  
and exercise, Dec., p. 1  
and flaxseed, Dec., p. 7  
and inflammation, Mar., p. 8  
irregular heartbeats and fish oil, Sept., p. 8  
and memory, Jan./Feb., p. 1  
and nuts, Nov., p. 8  
and omega-3 fats, Sept., p. 8, Dec., p. 7  
and phytosterols, May, p. 1, Sept., p. 13, Nov., p. 12  
and vitamin E, May, p. 12  
and weight, Oct., p. 1  
and whole grains, Apr., p. 9, Nov., p. 10

## Herbs (see "Supplements")

## High blood pressure (see also "Heart disease" and "Stroke")

and chocolate, Nov., p. 6  
and ephedra-like diet supplements, Nov., p. 10  
and folate, Apr., p. 9  
and lead, Mar., p. 1  
and memory, Jan./Feb., p. 1  
and salt, DASH diet, potassium, Jul./Aug., p. 1  
and weight, Jul./Aug., p. 1, Oct., p. 1

## Homocysteine

and memory, Jan./Feb., p. 1

## Inflammation

and exercise, Dec., p. 1  
and heart disease, Mar., p. 8  
and memory, Jan./Feb., p. 1

# NUTRITION ACTION HEALTHLETTER INDEX

# 2005

**Insulin resistance** (see "Metabolic syndrome")

## Kidneys

and lead, Mar., p. 1  
stones and weight, Apr., p. 9

## Labels

"clinically proven" supplements, Jan./Feb., p. 8  
health claims and symbols, May, p. 1  
"healthy" frozen dinner frauds, Jun., p. 10  
hot cereal claims, Nov., p. 12  
nut claims, Nov., p. 8



## Lead

in water, Mar., p. 1

## Memory

and B-vitamins, Jan./Feb., p. 1, Nov., p. 10  
and blood pressure, diabetes, inflammation, Jan./Feb., p. 1  
and blueberries, Jun., p. 8  
and BrainSpeed, Oct., p. 9  
and exercise, Jan./Feb., p. 1, Dec., p. 1  
and lead, Mar., p. 1  
and seafood, Jan./Feb., p. 1, Dec., p. 10  
and vinpocetine, bacopa, Jan./Feb., p. 8  
and vitamin E, Jan./Feb., p. 1, Oct., p. 8  
and weight, Jan./Feb., p. 1, Jul./Aug., p. 12

## Metabolic syndrome

and exercise, Dec., p. 1  
and memory, Jan./Feb., p. 1  
and normal weight, Jul./Aug., p. 12  
and sleep, Jul./Aug., p. 10

## Microwave safety

Apr., p. 10

## Obesity and overweight

(see "Weight and weight loss")

## Omega-3 fats

(see "Fats and oils" and "Seafood")

## Osteoporosis

(see "Bones")

## Phytosterols

in foods, May, p. 1  
in hot cereals, Nov., p. 12  
in yogurt, Sept., p. 13

## Protein

and bones, Apr., p. 1  
and weight loss, Jun., p. 1

**Quiz: Foods that Fight Disease**, Mar., p. 9

## Ratings of brand-name and restaurant foods

bacon, hot dogs, sausage, Dec., p. 11  
bread, Apr., p. 13  
"diet" menus, Jan./Feb., p. 11  
fast food, Mar., p. 12  
frozen entrees, Jun., p. 13  
heat 'n eat meat, May, p. 13  
hot cereal, Nov., p. 12  
lunch meat, Jul./Aug., p. 13  
salad dressing, Oct., p. 13  
yogurt, Sept., p. 13

Silk Nog, Dec.

Uncle Ben's Whole Grain Brown Ready Rice, Sept.

**Salt** (see "High blood pressure" and "Ratings of brand-name and restaurant foods")

## Seafood

and colon cancer, Sept., p. 8  
and dry eyes, Dec., p. 10  
fish oil and irregular heartbeats, Sept., p. 8  
and memory, Jan./Feb., p. 1, Dec., p. 10

## Sleep

and weight, Jul./Aug., p. 10

**Stroke** (see also "Heart disease" and "High blood pressure")

and B-vitamins, May, p. 9  
and exercise, Dec., p. 1

**Supplements** (see also "Vitamins and minerals")

"clinically proven" supplements, Jan./Feb., p. 8  
echinacea and colds, Oct., p. 8  
omega-3 and heart disease, Oct., p. 9  
safety and effectiveness, May, p. 2  
weight loss, Jan./Feb., p. 8, May, p. 10, Oct., p. 9, Nov., p. 10

**Vitamins and minerals** (see also "Antioxidants" and "Supplements")

added to foods, May, p. 1  
antioxidants and cancer, heart disease, Nov., p. 1  
B-vitamins and memory, Nov., p. 10  
B-vitamins and stroke, May, p. 9  
calcium, potassium, vitamins A, D, K and bones, Apr., p. 1  
folate and blood pressure, Apr., p. 9  
magnesium and colon cancer, Mar., p. 8  
potassium, sodium, and hypertension, Jul./Aug., p. 1  
selenium and colon cancer, Jan./Feb., p. 10  
vitamin B-12 and bones, May, p. 9  
vitamin D and gum disease, Nov., p. 10  
vitamin E and memory, Jan./Feb., p. 1, Oct., p. 8  
vitamin E safety, May, p. 12, Jun., p. 12

## Weight and weight loss

and 100-calorie packs, May, p. 1  
Accel, LeanSource, Jan./Feb., p. 8  
and calorie density, protein, Jun., p. 1  
and cancer, Sept., p. 1, Oct., p. 1, Dec., p. 10  
CLA, Cortislim, Enova, May, p. 10  
and dairy, Jan./Feb., p. 10, Sept., p. 2, 9, 13  
and diabetes, May, p. 9  
ephedra-like diet supplements, Nov., p. 10  
and Estrin, Oct., p. 9  
and exercise, Mar., p. 8, Apr., p. 9, Dec., p. 1  
and heart disease, Oct., p. 1  
and kidney stones, Apr., p. 9  
and meal timing, Mar., p. 8  
and memory, Jan./Feb., p. 1, Jul./Aug., p. 12  
and risk of dying, Mar., p. 8, Jun., p. 12, Oct., p. 1  
and sleep, Jul./Aug., p. 10

## Whole grains

in breads, Apr., p. 13  
claims on foods, May, p. 1  
and heart disease, Apr., p. 9, Jul./Aug., p. 12, Nov., p. 10  
in hot cereals, Nov., p. 12

## Recipes

Almond Chicken Salad Sandwich, Jun., p. 7  
Apple Pear Cranberry Crisp, Nov., p. 11  
Balsamic Berries, Jun., p. 7  
Balsamic Vinaigrette, Jul./Aug., p. 9  
Butternut Squash and Vegetable Strata, Oct., p. 12  
Caramelized Onion and Sweet Potato Skillet, Sept., p. 12  
Charlie's Pasta Primavera, Jun., p. 7  
Citrus Vinaigrette, Jul./Aug., p. 9  
Curried Rice with Fruit, Jul./Aug., p. 9  
Glazed Acorn Squash, Oct., p. 12  
Graham-Crusted Tilapia, Sept., p. 12  
Herbed Brown Rice, Jul./Aug., p. 9  
Honey-Mustard Chicken and Carrots, Sept., p. 12  
Not Your Mama's Cranberry Sauce, Nov., p. 11  
Pomodoro Sauce, Jul./Aug., p. 9  
Roasted Winter Medley, Oct., p. 12  
Speedy Barbecue Sauce, Jul./Aug., p. 9  
Spicy Pear and Bulgur Salad, Sept., p. 12  
Sweet Potato Casserole, Nov., p. 11  
Sweet Potato Pumpkin Soup, Oct., p. 12  
Tangy Two-Rice Salad, Nov., p. 11  
Tuna and White Bean Salad, Jun., p. 7

## Right Stuff

(back cover)  
Amy's Organic Soups, Jan./Feb.  
Lean Cuisine's Spa Cuisine Classics, Mar.  
McDonald's Fruit and Walnut Salad, Jul./Aug.  
Melissa Baby Red Beets, Oct.  
Morningstar Farms Lentil Rice and Nine Bean Loaf, Jun.  
Mrs. Dash Marinades, Apr.  
Nabisco and Chips Ahoy 100% Whole Grain Cookies, Nov.  
Ready Pac Broccoli Rabe, May