

NUTRITION ACTION HEALTHLETTER INDEX

2008

Acrylamide, Jan./Feb., p. 10

Additives

food dyes and ADHD, Apr., p. 2, Oct., p. 10
 loopholes in testing of, Oct., p. 2
 safety of, May, p. 1
 stevia, Oct., p. 9

Alzheimer's disease (see "Memory")

Antibiotic-resistant bacteria, Oct., p. 1

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

in bottled waters, Jun., p. 14
 and cancer treatment, Jul./Aug., p. 8
 carnitine, lipoic acid, quercetin and mitochondria, Dec., p. 8
 in chocolate, Jun., p. 10, Oct., p. 12
 in juices, Jan./Feb., p. 12
 lutein or zeaxanthin and cataracts, Mar., p. 12

Attention deficit hyperactivity disorder

and food dyes, Apr., p. 2, Oct., p. 10

Blood pressure (see also "Heart disease")

and caffeine, Mar., p. 1
 and chocolate, Jun., p. 10
 how to lower, Jan./Feb., p. 1
 and red meat, May, p. 9
 and risk of falls, Jul./Aug., p. 9
 and salt, Jul./Aug., p. 8
 and vitamins, Apr., p. 7, Jun., p. 8

Bones

and caffeine, Mar., p. 1
 and calcium, exercise, fruits, potassium, vegetables, Jan./Feb., p. 1
 and chocolate, Mar., p. 12
 and falls, Jul./Aug., p. 9
 and menopause, Nov., p. 9
 and soy isoflavones, May, p. 9
 and vitamin D, Jul./Aug., p. 9
 and vitamins D, K, Jan./Feb., p. 1

BPA in plastics and cans

and cancer, abnormal behavior, Apr., p. 8
 and heart disease, diabetes, Nov., p. 8

Caffeine

and dehydration, Jan./Feb., p. 1, Mar., p. 1
 in foods and beverages, Mar., p. 7, Jun., p. 14
 and gallstones, headaches, mood, Parkinson's, performance, pregnancy, Mar., p. 1

Cancer

and BPA in plastics and cans, Apr., p. 8
 breast and folate, May, p. 9, Jun., p. 1
 breast and trans fats, Jun., p. 10
 breast and vitamin D, Jun., p. 8
 and caffeine, Mar., p. 1
 colon and fiber, Jul./Aug., p. 1
 colon and overweight, Jul./Aug., p. 8
 colon and seafood, Jul./Aug., p. 8
 how to lower your risk, Nov., p. 1
 and iron, Sept., p. 8
 and multivitamins, Jun., p. 1
 ovarian, uterine and acrylamide, Jan./Feb., p. 10
 prostate and green tea, Apr., p. 7
 prostate and vitamins, Jun., p. 8

and stevia, Oct., p. 9
 treatment and antioxidants, Jul./Aug., p. 8
 and well-done meats and poultry, Sept., p. 9

Chocolate

and bones, Mar., p. 12
 and heart disease, Jun., p. 10, Oct., p. 12

Cholesterol (see "Heart disease")

Coffee creamers, Apr., p. 12, May, p. 2

Colds

and Airborne, Cold-fx, Echinacea, vitamin C, Jan./Feb., p. 1

Diabetes

and BPA in plastics and cans, Nov., p. 8
 and caffeine, Mar., p. 1
 and fiber, Jul./Aug., p. 1, Sept., p. 1
 and glycemic index, Apr., p. 7, Sept., p. 1
 and heart disease, Mar., p. 8
 how to prevent, Sept., p. 1
 and mitochondria, Dec., p. 8

Digestive health

diverticulosis and corn, nuts, popcorn, Oct., p. 8
 fiber and regularity, Jul./Aug., pp. 1, 6
 magnesium and gallstones, Apr., p. 7
 yogurt for digestive health, Jul./Aug., p. 13

Fats and oils (see also "Heart disease")

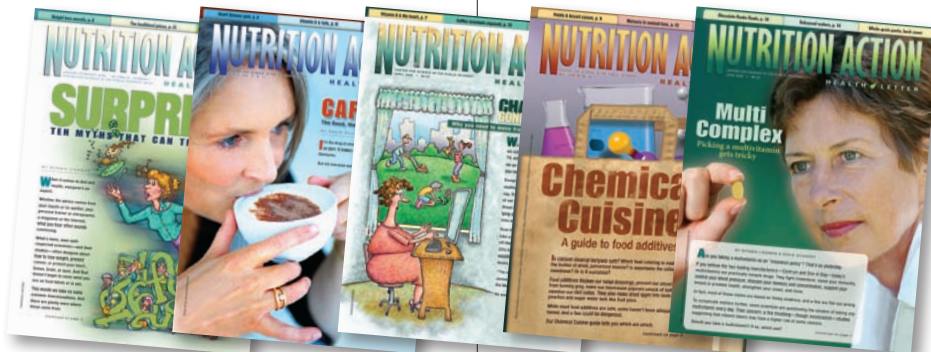
butter vs. margarine, Jan./Feb., p. 1
 in coffee creamers, Apr., p. 12 (correction, May, p. 2)
 and diabetes, Sept., p. 1
 omega-3 fats and memory, Jan./Feb., pp. 10, 12
 omega-3 fats in seafood, May, p. 13, Sept., p. 8
 omega-3 fats in yogurt, Jul./Aug., p. 13
 trans in beef, dairy, Jun., p. 10
 trans and breast cancer, Jun., p. 10
 trans and weight gain, Dec., p. 1

Fiber

in bottled water, Jun., p. 14
 in bread, Sept., p. 13
 and cancer, diabetes, diverticulosis, heart disease, obesity, regularity, Jul./Aug., p. 1
 in crackers, Mar., p. 13, Jul./Aug., p. 6
 and diabetes, Sept., p. 1
 inulin, maltodextrin, oat fiber, polydextrose, and wheat starch in foods, Jul./Aug., p. 6
 in juices, Jan./Feb., p. 12, Jul./Aug., p. 6
 in yogurt, Jul./Aug., pp. 6, 13

Food Porn (back cover)

Betty Crocker Warm Delights, Apr.
 DiGiorno Ultimate Focaccia Four Cheese Pizza, Oct.
 Kozy Shack Tiramisu, Chocolate Truffle Rolls, May



Editorials – Memos from MFJ (page 2)

diet and attention deficit disorder (ADHD), Apr.
 foodborne illness outbreaks, Sept.
 food safety priority at FDA, USDA, May
 frivolous or fraudulent food fortification, Jun.
 loopholes in food additive laws, Oct.
 measures to fight obesity, Dec.
 restaurant menu labeling, Mar., Jul./Aug.
 sodium in food supply, Jan./Feb.

Exercise

and atrial fibrillation, Oct., p. 8
 and calories in snacks, Jan./Feb., p. 8
 and diabetes, Sept., p. 1
 and mitochondria, Dec., p. 8
 and muscle, Jan./Feb., p. 1
 and preventing falls, Jul./Aug., p. 9
 and protecting DNA as you age, Mar., p. 12
 and weight, Jan./Feb., p. 8, Apr., p. 1, Nov., p. 8

Falls

and balance, blood pressure, protein, strength, vision, vitamin D, Mar., p. 12, Jul./Aug., p. 9

Krispy Kreme Doughnuts, Jan./Feb.
 Panera Broccoli Cheddar Soup, Mar.
 Rice Dream Pies, Jun.
 Sara Lee Cheesecake Bites, Jul./Aug.
 Sara Lee Simple Sweets Pie, Nov.
 Smoothie King Trim Down smoothies, Sept.
 Starbucks Salted Caramel Hot Chocolate, Dec.

Food safety

and antibiotic resistance, Oct., p. 1
 BPA in plastics and cans, Apr., p. 8, Nov., p. 8
 food additives, May, p. 1, Oct., p. 2
 foodborne illness outbreaks, Sept., p. 2
 mercury in seafood, May, p. 12

Heart disease (see also "Fats and oils")

and BPA in plastics and cans, Nov., p. 8
 and B vitamins, Jun., pp. 8, 10
 and caffeine, Mar., p. 1
 Cardio Quiz, Mar., p. 8
 and chocolate, Jun., p. 10, Oct., p. 12
 and fiber, Jul./Aug., p. 1
 and menopause, Nov., p. 9
 and multivitamins, Jun., pp. 1, 8
 and plant sterols, Jan./Feb., p. 12, Jun., p. 8, Jul./Aug., p. 13

NUTRITION ACTION HEALTHLETTER INDEX

2008

and salt, Jul./Aug., p. 8
and triglycerides, low HDL levels, Jan./Feb., p. 1
and vitamin D, Apr., p. 7

Herbs (see "Supplements")

High blood pressure (see "Blood pressure")

Immunity

and yogurt, Jul./Aug., p. 13

Kidney disease, Jan./Feb., p. 10

Memory

and caffeine, Mar., p. 1
and chocolate, Jun., p. 10
and exercise, Nov., p. 8
and ginkgo, Jun., p. 8
and menopause, Nov., p. 9
and omega-3 fats, Jan./Feb., p. 10, Jul./Aug., p. 13
and vitamin B-12, Jan./Feb., p. 10, Nov., p. 8

Menopause, Nov., p. 9

Mitochondria, Dec., p. 8

Obesity and overweight (see "Weight and weight loss")

Omega-3 fats (see "Fats and oils")

Osteoporosis (see "Bones")

Recipes

Black bean chili, Jan./Feb., p. 11
Black-eyed pea hummus, Mar., p. 15
Chickpea ratatouille, Jan./Feb., p. 11
Chickpea soup, Oct., p. 11
Chopped salad, Jul./Aug., p. 12
Cilantro-lime rice, Sept., p. 12
Corn & shrimp salad, Sept., p. 12
dressings for tuna, salmon, May, p. 14
Olé salad, Jul./Aug., p. 12
Roasted red pepper dip, Mar., p. 15
Roasted red pepper soup, Oct., p. 11
salad dressings, Nov., p. 14
Satay tofu, May, p. 10
Sesame-crusting tofu, May, p. 10
Soy-balsamic tofu, May, p. 10
Spicy butternut squash, Jan./Feb., back cover
Spicy red lentils with spinach, Jan./Feb., p. 11
Spinach barley risotto, Jun., p. 11
Succotash, Sept., p. 12
Tabouli, Jun., p. 11
Tuscan kale and white bean soup, Oct., p. 11
Walnut feta spread, Mar., p. 15
White bean salad, Jul./Aug., p. 12
Wild rice salmon chowder, Jun., p. 11

Supplements

(see also "Vitamins and minerals")
Airborne, Cold-fx, Echinacea, vitamin C and colds, Jan./Feb., p. 1
black cohosh, red clover, soy isoflavones for hot flashes, Nov., p. 9
capsaicin, ginkgo, green tea in multivitamins, Jun., p. 8
ginseng, guarana, taurine, theanine in bottled waters, Jun., p. 14
glucosamine in juice, Jan./Feb., p. 12
quercetin, lipoic acid, carnitine and mitochondria, Dec., p. 8
toxic metals in Ayurvedic medicines, Oct., p. 8

Sweeteners

high-fructose corn syrup, Jan./Feb., p. 1
safety, May, p. 1
stevia, Oct., p. 9

Vitamins and minerals

(see also "Antioxidants" and "Supplements")
in bottled waters, Jun., p. 14
B vitamins, chromium and weight, Jun., p. 8
B vitamins and heart attack, stroke, Jun., pp. 8, 10
folate and breast cancer, May, p. 9, Jun., p. 1
fraudulent fortification, Jun., p. 2
guide to multivitamins, Jun., p. 1
iron, vitamin D and diabetes, Sept., p. 1
iron and cancer, Sept., p. 8
in juices, Jan./Feb., p. 12
magnesium and gallstones, Apr., p. 7
potassium and muscle strength, May, p. 9
selenium, vitamin E, zinc and prostate, Jun., p. 8
vitamin B-12 and memory, Jan./Feb., p. 10, Nov., p. 8
vitamin D, vitamin K, potassium and bones, Jan./Feb., p. 1
vitamin D and falls, Mar., p. 12, Jul./Aug., p. 9
vitamin D and heart disease, Apr., p. 7

Water

how much to drink, Jun., p. 12
with added vitamins, fiber, ginseng, Jun., p. 14

Weight and weight loss

and activity other than exercise, Apr., p. 1
and caffeine, Mar., p. 1
and calorie-dense foods, Dec., p. 1
and calories in snacks, Jan./Feb., p. 8
and colon cancer, Jul./Aug., p. 8
and diabetes, Sept., p. 1
and eating slowly, Oct., p. 8
and exercise, Jan./Feb., p. 8, Apr., p. 1, Nov., p. 8, Dec., p. 1
and fiber, Jul./Aug., p. 1
and high-fructose corn syrup, Jan./Feb., p. 1
how to get a gut, Dec., p. 1
how to keep weight off, Jan./Feb., p. 8
and low-carb or Mediterranean diets, Sept., p. 8
myth: okay to gain weight as you age, Jan./Feb., p. 1
and One-A-Day Weight Smart vitamins, Jun., p. 8
and protein, Jan./Feb., p. 1
and sleep, Dec., p. 1

Whole grains

(see also "Fiber")
benefits of, Jul./Aug., p. 1
in breads, Sept., p. 13
in crackers, Mar., p. 13
and diabetes, Sept., p. 1
in hot cereals, Dec., p. 11



Probiotics

in yogurt, Jul./Aug., p. 13

Protein

amino acids in bottled water, Jun., p. 14
and falls, Jul./Aug., p. 9
for muscles and weight loss, Jan./Feb., p. 1

Ratings of brand-name foods

bread, Sept., p. 13
chocolate, Oct., p. 12
coffee creamers, Apr., p. 12
crackers, Mar., p. 13
enhanced bottled water, Jun., p. 14
hot cereal, Dec., p. 11
juice, Jan./Feb., p. 12
salad dressing, Nov., p. 12
seafood in cans and pouches, May, p. 13
soft cheese, Apr., p. 14
yogurt, Jul./Aug., p. 13

Right Stuff (back cover)

Arnold Sandwich Thins, Dec.
asparagus, May
Barilla Whole Grain or 365 Organic Whole Wheat Pasta, Jun.
Breyer's Free Double Churn Ice Cream, Jul./Aug.
Dr. McDougall's Light Sodium Soups, Apr.
kiwi fruit, Jan./Feb.
Mt. Olive Reduced Sodium Kosher Baby Dills, Sept.
Ore-Ida Steam n' Mash Cut Sweet Potatoes, Oct.
Reese Quick Cooking Minnesota Wild Rice, Mar.
Starbucks breakfasts, Nov.

Seafood

and colon cancer, Jul./Aug., p. 8
guide to sustainable species, May, p. 11
mercury in, May, p. 12
omega-3s in fish, May, p. 13, Sept., p. 8

Sodium

(see also "Heart disease" and "Blood pressure")
in bread, Sept., p. 13
in crackers, Mar., p. 13
in food supply, Jan./Feb., p. 2
in seafood, May, p. 13
in soft cheese, Apr. p. 14