



Advertising

increases, Jan./Feb., p. 12
orange juice and cholesterol, Apr., p. 15

Aging

and blood pressure, Sept., p. 4
and bones, Sept., p. 8
and heart disease, Oct., p. 7
and strength training, Jan./Feb., p. 13

Allergies

food allergies, Apr., p. 10
and genetically engineered foods, Apr., p.11,
Nov., p. 1
peanut allergens in breast milk, Jul./Aug., p. 11
undeclared allergens, Jul./Aug., p. 13

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

in chocolate, Mar., p. 3
and clogged arteries, Mar., p. 12
and prostate cancer, Jul./Aug., p. 1
and statins, niacin, Nov., p. 9
and stomach cancer, Mar., p. 12
and stroke, Sept., p. 7
vitamin E and oxidative stress, Jun., p. 13
in women's foods, Nov., p. 10

Arthritis

and chondroitin, Jul./Aug., p. 12
and glucosamine, May, p. 9, Jul./Aug., p. 12
and SAM-e, Mar., p. 10

Biotechnology, Nov., p. 1, 2

Bones

and exercise, Oct., p. 12
and protein, Sept., p. 8
and soy isoflavones, Jun., p. 13

BSE (mad cow disease), Jun., p. 1

Calcium (see "Vitamins and Minerals")

Cancer

breast cancer and contaminants, Dec., p. 9
breast cancer and fruits and vegetables,
May, p. 9
and chocolate, Mar., p. 3
decreasing death rates, Jan./Feb., p. 5
pancreatic cancer and weight, Nov., p. 9
prostate cancer, Jul./Aug., p. 1
stomach cancer and antioxidants,
antibiotics, Mar., p. 12
stomach cancer and green tea, Jun., p. 13
stomach, pancreatic cancer and *H. pylori*,
Dec., p. 9

Cheese, Jan./Feb., p. 14

Chocolate, Mar., p. 3

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

Chromium and diabetes, May, p. 10

C-reactive protein (hs-CRP) and stroke, Sept., p. 6

CSPI

past 30 years, Jan./Feb., p. 2
web site at www.cspinet.org, Sept., p. 2

Dementia (see "Memory")

Depression

manic depression and omega-3 fats,
Jan./Feb., p. 13

and SAM-e, Mar., p. 10
and St. John's wort, Jul./Aug., p. 11
and vitamin B-12, Mar., p. 12

DHA (docosahexanoic acid) and memory, Sept., p. 9

Diabetes

cutting your risk, May, p. 1
diet and exercise can prevent, Jul./Aug., p. 11,
Dec., p. 9
and heart disease, Oct., p. 1
and obesity, Jan./Feb., p. 3, Dec., p. 1
and stroke, Sept., p. 6
supplements to lower blood sugar, May, p. 11
and trans fats, Oct., p. 12

Diet (see also "Weight and Weight loss")

10 megatrends, Jan./Feb., p. 1
and diabetes, May, p. 1
and heart disease, Oct., p. 1
junk foods, Jan./Feb., p. 13
and prostate cancer, Jul./Aug., p. 1
and stroke, Sept., p. 1

Drugs

antibiotics and stomach cancer, Mar., p. 12
and diabetes, May, p. 1
statins and dementia, Jan./Feb., p. 13
statins, niacin, and antioxidants, Nov., p. 9
to lower blood pressure, Jan./Feb., p. 7,
May, p. 1
to lower cholesterol levels, Jan./Feb., p. 7,
May, p. 1, Oct., p. 1

Environment

genetically engineered foods, Nov., p. 1, 2
impact of food, May, p. 2

Exercise

and diabetes, May, p. 1, Dec., p. 9
and health, Jan./Feb., p. 3, 11
and heart disease, Oct., p. 1
and hip fractures, Oct., p. 12
and pancreatic cancer, Nov., p. 9
strength training in older men, Jan./Feb., p. 13
and stroke, Sept., p. 1

Eyes

and diabetes, May, p. 4
macular degeneration and fish, May, p. 9

Fats and Cholesterol (see also "Diet," "Heart disease," and "Weight and Weight loss")

in cheese, Jan./Feb., p. 15
and heart disease, Oct., p. 1
and manic depression, Jan./Feb., p. 13
and multiple sclerosis, Jan./Feb., p. 13
and prostate cancer, Jul./Aug., p. 4
and stroke, Sept., p. 1
trans fats and diabetes, heart attacks, Oct., p. 12
trans fat in margarines, Dec., p. 10

Fish and Fish oil

and diabetes, May, p. 10
genetically engineered, Nov., p. 1

and macular degeneration, May, p. 9
and manic depression, Jan./Feb., p. 13
and mercury, Sept., p. 8
and prostate cancer, Jul./Aug., p. 1
and stroke, Apr., p. 15

Food labeling

and allergens, Apr., p. 10, Jul./Aug., p. 13
deceptive ingredient claims, Jul./Aug., p. 2, 8
lunch meat label claims, Nov., p. 13
meat labeling proposal by USDA, Apr., p. 2
unreadable ingredient lists, Jul./Aug., p. 2, 10,
Oct., p. 2

Food Porn (back cover)

Arby's Market Fresh Sandwiches, Oct.
Burger King (BK) Cravers, Apr.
Classico pasta sauces, May
Hershey's Bites, Jul./Aug.
Keebler Frosted Animal Crackers, Nov.
Mrs. Fields Premium Cookies, Mar.
Nestle's Yogurt Raisinets, Jan./Feb.
Stefano Foods Stuffed Pizza Ring, Sept.
Taco Bell Mucho Grande Nachos, Dec.
The Cheesecake Factory cakes, Jun.

Food safety

bioterrorism and food inspection, Dec., p. 2
genetically engineered foods, Nov., p. 1
Salmonella, *E. coli*, *Campylobacter*, Jan./Feb., p. 9

Fruit juice and children, Sept., p. 8

Garlic and diabetes, May, p. 10

Genetically engineered foods, Nov., p. 1, 2

Ginseng

and diabetes, May, p. 10
and memory, Sept., p. 11

Glucosamine and arthritis, May, p. 9, Jul./Aug., p. 12

Healthy Cook (see "Recipes")

Heart disease

and black tea, Nov., p. 9
and chocolate, Mar., p. 3
decreasing death rate, Jan./Feb., p. 1
and diabetes, May, p. 1
drugs to lower or prevent, Jan./Feb., p. 1
and heavy meals, Mar., p. 12
lowering cholesterol and your risk, Oct., p. 1
and lutein, Oct., p. 12
orange juice and "good" cholesterol, Apr., p. 15
and trans fats, Oct., p. 12
and vegetables, Jul./Aug., p. 11
vitamins C, E, beta-carotene and arteries,
Mar., p. 12

Herbs before surgery, Oct., p. 12

High blood pressure (see "Diet," "Heart disease," "Sodium," and "Stroke")

Insulin and Insulin resistance (see also "Diabetes")

and blood sugar, May, p. 1
and heart disease, Oct., p. 1

and pancreatic cancer, Nov., p. 9
and stroke, Sept., p. 6

Iron (see "Vitamins and Minerals")

Lycopene and prostate cancer, Jul./Aug., p. 1

Mad cow disease (BSE), Jun., p. 1

Magnesium (see "Vitamins and Minerals")

Meat

labeling proposal by USDA, Apr., p. 2
lunch meats, brand-name rating, Nov., p. 13
and mad cow disease, Jun., p. 1
and prostate cancer, Jul./Aug., p. 4
seasoned meats, rating, Mar., p. 13

Memory

and blood pressure, Mar., p. 12
and diabetes, May, p. 4
and statins, Jan./Feb., p. 13
supplements, Sept., p. 9

Mercury in seafood, Sept., p. 10

Obesity and Overweight (see "Weight and Weight loss")

Omega-3 fats (see "Fish and Fish oil")

Osteoporosis (see "Bones")

PMS (premenstrual syndrome) and supplements, Oct., p. 9

Protein and osteoporosis, Sept., p. 8

Quiz

Rate your restaurant diet, Mar., p. 1

Ratings of brand-name and restaurant foods

bottled marinades, Jul./Aug., p. 14
breads, Oct., p. 13
frozen one-dish bowls, Jun., p. 14
lunch meats, Nov., p. 13
mall food, Apr., p. 1
margarine, Dec., p. 10
salty snacks, May, p. 13
seasoned meats, Mar., p. 13
yogurt, Sept., p. 13

Recipes

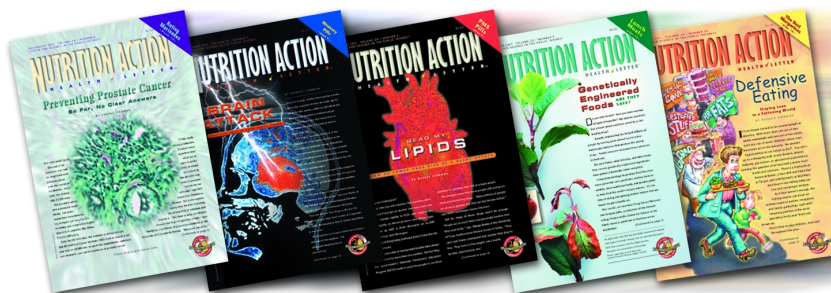
Avocado Salsa, Jun., p. 12
Black Bean Dip, May, p. 12
Black-Eyed Pea Spread, May, p. 12
Broccoli and Cherry Tomato Salad, Sept., p. 12
Classic Mango Salsa, Jun., p. 12
Corn, Tomato, and Basil Salad, Jul./Aug., p. 13
Curried Papaya Salsa, Jun., p. 12
Em's Black Bean Soup, Apr., p. 14
Garbanzo Bean Salad, Sept., p. 12
Honeydew and Cucumber Salad with Sesame, Jul./Aug., p. 13
Maple-Pumpkin Sauté, Nov., p. 12
Marinated Asparagus or Broccoli, Apr., p. 14
Penne, Spinach, Asparagus, and Cashew Salad, Jul./Aug., p. 13
Pineapple-Nectarine Salsa, Jun., p. 12
Plum Salsa, Jun., p. 12
Pumpkin Custard, Nov., p. 12
Roasted Red Pepper Dip, May, p. 12
Scalloped Pumpkin and Spinach, Nov., p. 12
Sweet Potato Salad with Chili-Lime Dressing, Sept., p. 12
Thai Sweet Potatoes Over Rice, Apr., p. 14
Three-Bean Salad with Olives, Jul./Aug., p. 13
Tomato Salsa, Jun., p. 12
Tuscan White Bean Spread, May, p. 12
Wheat Berry Waldorf Salad, Sept., p. 12

Restaurant food

calories in children's restaurant meals, Nov., p. 9
increase in eating out, Jan./Feb., p. 10
mall food, Apr., p. 1
rate your restaurant diet quiz, Mar., p. 1
staying lean in a fattening world, Dec., p. 1

Right Stuff (back cover)

Athenos Hummus, Jun.
Boca Meatless Breakfast Patties, Oct.
Ethnic Gourmet's Ethnic Wraps, Sept.
Imagine Soups, Apr.
Kashi To Good Friends Cereal, Mar.



Mighty Mo Munchies, Nov.
Ready Pac Fresh Spinach, Jan./Feb.
StarKist and Bumble Bee Tuna Pouches, Dec.
Tamarind Tree Vegetarian Meals, May
Tanimura & Antle's Cool Cuts, Jul./Aug.

Salt (see "Sodium")

SAM-e (S-adenosylmethionine)

and depression, Mar., p. 10
test results for two brands, Jul./Aug., p. 12

Sodium

salt-sensitivity and mortality, May, p. 9
and soft drinks, Dec., p. 9
and stroke, Sept., p. 1

Soft drinks

Harry Potter and other marketing schemes, Jun., p. 2
and overweight, May, p. 9
and sodium, Dec., p. 9

Soy

and prostate cancer, Jul./Aug., p. 1
soy isoflavones and bone loss, Jun., p. 13
in women's foods, Nov., p. 11

St. John's wort and depression, Jul./Aug., p. 11

Stroke

blood pressure and kidney cancer risk, Jan./Feb., p. 13
blood pressure and memory, Mar., p. 12
decreasing rates, Jan./Feb., p. 4
and diabetes, May, p. 4
drugs to lower blood pressure, Jan./Feb., p. 7
how to recognize and prevent, Sept., p. 1
and seafood, Apr., p. 15

Supplements (see also "Vitamins and Minerals")

for blood sugar and diabetes, May, p. 10
chondroitin and arthritis, Jul./Aug., p. 12
ginkgo and tinnitus, Apr., p. 15
glucosamine and arthritis, May, p. 9, Jul./Aug., p. 12
for memory, Sept., p. 9
PC-SPES and prostate cancer, Jul./Aug., p. 6
and premenstrual syndrome, Oct., p. 9
safety and popularity, Jan./Feb., p. 8
safety of herbs before surgery, Oct., p. 12

SAM-e (S-adenosylmethionine), Mar., p. 10, Jul./Aug., p. 12

St. John's wort and depression, Jul./Aug., p. 11

Tea

black tea and arteries, Nov., p. 9
green tea and stomach cancer, Jun., p. 13

Triglycerides, Oct., p. 1

Vision (see "Eyes")

Vitamins and Minerals (see also "Supplements")

calcium and premenstrual syndrome, Oct., p. 9
calcium and prostate cancer, Jul./Aug., p. 4

calcium, folate, iron, vitamin D in women's foods, Nov., p. 10
chromium, magnesium, vanadium and diabetes, May, p. 10

iron levels in older people, Jun., p. 13
magnesium and premenstrual syndrome, Oct., p. 11

minerals and hair analysis, Apr., p. 15
safety of high intakes, Jun., p. 8
selenium and prostate cancer, Jul./Aug., p. 1
vitamin B-6 and premenstrual syndrome, Oct., p. 1

vitamins B-6, B-12, folate and stroke, Sept., p. 1
vitamin B-12 and depression, Mar., p. 12
vitamin C, beta-carotene and stomach cancer, Mar., p. 12

vitamins C, E, beta-carotene and arteries, Mar., p. 12

vitamins C, E, beta-carotene, selenium and statins, Nov., p. 9

vitamin D for older women, Mar., p. 12

vitamin E and oxidative stress, Jun., p. 13
vitamin E and prostate cancer, Jul./Aug., p. 1

Weight and Weight loss

BMI (Body Mass Index), May, p. 7
calories in children's restaurant meals, Nov., p. 9
and chocolate, Mar., p. 3
and diabetes, May, p. 1

and heart disease, Oct., p. 1
increase in obesity, Jan./Feb., p. 1
increased obesity in children, Jun., p. 13

increasing serving sizes, Jan./Feb., p. 1
and kidney cancer risk, Jan./Feb., p. 13
and pancreatic cancer risk, Nov., p. 9

and restaurants, Jan./Feb., p. 10
and soft drinks, May, p. 9
staying lean in a fattening world, Dec., p. 1
and stroke, Sept., p. 1

Whole grains

and diabetes, May, p. 1
and stroke, Sept., p. 1

Women's foods, Nov., p. 10

Yogurt, Sept., p. 13