ADHD
and food dyes, Sept., p. 10

Alcohol
and breast cancer, Jul./Aug., p. 1, Oct., p. 8

Alzheimer’s Disease (see “Memory”)

Artificial Sweeteners, Jan./Feb., p. 1

Bones
and calcium, vitamin D, potassium, Sept., p. 1, Nov., p. 1
and exercise, grains, protein, fruits, vegetables, vitamin A, salt, medications, Nov., p. 1
sodium and calcium loss, Apr., p. 1

Cancer
bladder and water disinfecants, Jun., p. 1
breast and alcohol, Oct., p. 8
breast and soy foods, Mar., p. 9, Jul./Aug., p. 1
breast and walking, biking, Dec., p. 10
kolon and vitamin D, Apr., p. 7
kolon polyps and folic acid, Mar., p. 9
kolon polyps and omega-3 fats, May, p. 7
endometrial and exercise, Dec., p. 10
and food dyes, Sept., p. 10
and fruits and vegetables, Jun., p. 8
and liver and red meat, Dec., p. 10
pancreatic and vitamin D, Sept., p. 1
prostate and blood cholesterol, Jan./Feb., p. 9
rare cancers and vitamin D, Jul./Aug., p. 8

Changing Canadian diet, Mar., p. 10

Cholesterol (see also “Heart Disease”)
in eggs, Nov., p. 1
and prostate cancer, Jan./Feb., p. 9
and selenium, Jan./Feb., p. 9
sugars and HDL, Jun., p. 12

Coffee
caffeine and atrial fibrillation, Sept., p. 9
coffee houses, Apr., p. 12
and diabetes, Mar., p. 9
and gout, Oct., p. 8

Depression
and chocolate, Jun., p. 12

Diabetes
and brown rice, Jul./Aug., p. 8
coffee, tea and risk of, Mar., p. 9
an economic tsunami, May, p. 7
and exercise, weight, Jan./Feb., p. 9, Jun., p. 8
and green leafy vegetables, Nov., p. 8
and magnesium, Sept., p. 1
and sugars, Jan./Feb., p. 1, Jun., p. 8
and trans fat, refined carbs, red meat, Jun., p. 8
and vitamin D, Oct., p. 8
and whole grains, Jul./Aug., p. 8, Nov., p. 8

Dish of the Month (back cover)
Almond beans, Nov.
Apple walnut lentil salad, Jun.
Bulgur salad, Oct.
Creamy cilantro sauce, Sept.
Grilled asparagus with mayonnaise dressing, May
Quick chickpea salad, Mar.

E. coli (see “Food Safety”)

Editorials – Memos from MFJ (p. 2)
food advertising to children, Jun.
giant grocers and social responsibility, Dec.
making grocery checkout data public, Apr.
McDonald’s happy Meals toys, Jul./Aug.
in memory of Larry Jacobson, May
Olympics advertising on Coca-Cola labels, Mar.
slack fill in packages, Jan./Feb.

Eggs
and Salmonella, cage-free, omega-3 fats, humane & other claims, Nov., p. 9

Exercise
and bones, Nov., p. 1
and breast cancer, Jul./Aug., p. 1
and diabetes, Jan./Feb., p. 9
and memory, Apr., p. 7
and Parkinson’s disease, Nov., p. 8
sitting and risk of dying, Sept., p. 9

Fats and Oils
natural trans and cholesterol, Apr., p. 7
omega-3 claims on eggs, Nov., p. 9
omega-3s and colon polyps, May, p. 7
omega-3s and hearing loss, Sept., p. 9
omega-3s and periodontitis, Dec., p. 10
omega-3s and telomeres, Apr., p. 7
omega-3s, saturated fat and stiff arteries, Oct., p. 1
omega-3’s, trans fats, and endometriosis, Jun., p. 12
saturated fat and liver cancer, chronic liver disease, Dec., p. 10

Food Labelling
claims on egg cartons, Nov., p. 9
latest scams, Oct., p. 9
misleading claims, Mar., p. 2
white flour in ingredient lists, Jan./Feb., p. 10

Food Porn (back cover)
Denny’s The Grand Slamwich, Jul./Aug.
Domino’s BreadBowl Pastas, Jan./Feb.
Michelina’s Grande frozen entrees, May

Montana’s Loaded Potato Skins, Oct.
Nestlé Noir Dark Hot Chocolate Mix, Apr.
Pillsbury Ready to Bake! Cookies, Jun.
President’s Choice Dine-In Tonight stuffed pastas & soufflés, Sept.
Swiss Chalet Carrot Cake, Mar.
Taco Bell Fries Supreme, Nov.
Vannelli’s Stromboli, Dec.

Food Safety
contaminants in water, Jun., p. 1
E. coli, Salmonella outbreaks, Mar., p. 1
food poisoning damage, Mar., p. 1, Jun., p. 8
Salmonella outbreak in eggs, Nov., p. 9
synthetic food dyes, Sept., p. 10

Gout
and coffee, Oct., p. 8
and sugars, Jan./Feb., p. 1

Healthy Cook Recipes
Apple hazelnut salad with gorgonzola crisps, Oct., p. 12
Bulgur chicken salad, Apr., p. 8
Cherry-almond clafoutis, Jul./Aug., p. 12
Chicken putanesca, Sept., p. 12
Chicken tagine, Sept., p. 12
Chicken with cider mustard sauce, Oct., p. 12

Quick orzo veggie risotto, Jul./Aug.
Quick spinach salad, Dec.
Roasted veggies, Apr.
White beans and tuna salad, Jan./Feb.

Citrus shrimp salad, Mar., p. 12
Cream of broccoli soup, Jan./Feb., p. 12
Creamy lemon chicken, Sept., p. 12
Greek lentil stew, Jan./Feb., p. 12
Herbed chicken salad, Jun., p. 11
Honey-glazed nectarines, Jul./Aug., p. 12
Mushroom-rosemary orzo, Apr., p. 8
Pacific cod with citrus dressing, Mar., p. 12
Pan-seared wild salmon with citrus salsa, Mar., p. 12
Pepper, onion, & sweet potato frittata, Dec., p. 11
Port-poached plums, Jul./Aug., p. 12
Provençal tofu salad, May, p. 12
Quinoa stuffed peppers, May, p. 12
Roasted butternut squash, apples, & onions, Oct., p. 12
Roasted shrimp & cherry tomatoes, Dec., p. 11
Savory eggplant with lentils, Dec., p. 11
Sesame shrimp salad, May, p. 12
Sicilian caponata with whole wheat couscous, May, p. 12
Spicy black bean salad, Jun., p. 11
Spinach chickpea pasta, Apr., p. 8
Tilapia with cranberry sauce, Oct., p. 12
Tortilla soup, Jan./Feb., p. 12

**2010**

**White bean salad, Jun., p. 11**
**Yogurt Panna Cotta, Jul./Aug., p. 12**

**Heart Disease**
(see also “Fats and Oils”) atrial fibrillation and weight, caffeine, Sept., p. 9
and low-fat foods, Jun., p. 8
and red meat, Oct., p. 8
and sodium, Jan./Feb., p. 9, Apr., p. 1
stiff arteries and age, exercise, fish oil, potassium, saturated fat, sodium, weight, Oct., p. 1
and sugars, Jan./Feb., p. 1
warning signs of heart attack, Jun., p. 8
and whole grains, Nov., p. 8

**Herbs**
(see “Supplements”)

**High Blood Pressure**
(see also “Heart Disease”) and alcohol, exercise, Apr., p. 1
and potassium, Sept., p. 1
and salt, Jan./Feb., p. 9, Apr., p. 1
and stiff arteries, Oct., p. 1
and sugars, Jan./Feb., p. 1, Jul./Aug., p. 8
and whole grains, Oct., p. 8

**High Fructose Corn Syrup**
(see “Sugars”)

**Kidneys**
kidney disease and B vitamins, Jun., p. 12
kidney stones and fruits, vegetables, Sept., p. 1

**Supersized restaurant portions, Sept., p. 13**
Whole grain finds & frauds, Mar., p. 13
Xtreme Eating 2010 (worst restaurant foods),
Jun., p. 13

**Refined Grains**
“Name that Food” quiz, Jan./Feb., p. 10

**Restaurant Industry**
(see also “Ratings of Brand-Name and Restaurant Foods”)
pressure to eat, May, p. 1
sandwich, salad, soup chains, Nov., p. 12
sodium in restaurant foods, Apr., p. 1

**Right Stuff**
(back cover) Apricot and Plum, Jun.

**Snack**

**Supplements**
(see also “Vitamins and Minerals”) arginine and stiff arteries, Oct., p. 1
garlic and cholesterol, Jul./Aug., p. 9
gingko and memory, Mar., p. 9, Jul./Aug., p. 9
probiotics and digestive health, yeast infections, urinary tract infections, Apr., p. 9
weight and açai, Alli, Herbal Magic, SlimShots, Dec., p. 1

**Teeth**
periodontitis and omega-3 fats, Dec., p. 10

**Triglycerides**
and sugars, Jan./Feb., p. 1, Jun., p. 12

**Vitamins and Minerals**
B vitamins and kidney disease, Jun., p. 12
calcium, vitamin D and bones, Nov., p. 1
folic acid and breast cancer, Jul./Aug., p. 1
folic acid and colon polyps, Mar., p. 9
folic acid excess and memory, Sept., p. 1
magnesium and diabetes, Sept., p. 1
misleading claims for vitamins and breast cancer, energy, heart, immunity, prostate, etc.
Jul./Aug., p. 9
potassium and blood pressure, Apr., p. 1, Sept., p. 1
potassium and kidney stones, Sept., p. 1
potassium bicarbonate for bones, Nov., p. 1
selenium and LDL cholesterol, Jan./Feb., p. 9
vitamin B-12, folate, and memory, Sept., p. 1
vitamin D and cancer, Apr., p. 7, Sept., p. 1
vitamin D and diabetes, Oct., p. 8
vitamin D and falls, Nov., p. 1
vitamin D and the flu, May, p. 7
vitamin D and pancreatic cancer, Sept., p. 1
vitamin D and rare cancers, Jul./Aug., p. 8
vitamins A, K, magnesium, sodium and bone strength, Nov., p. 1

**Water Safety**
and atrazine, disinfection byproducts, drugs, germs, lead, perchlorate, Jun., p. 1

**Weight and Weight Loss**
3,500 calories per pound, Jun., p. 8
and atrial fibrillation, Sept., p. 1
belly fat and whole grains, Nov., p. 8
and breast cancer, Jul./Aug., p. 1
calories in sandwiches, Jun., p. 8
and diabetes, Jan./Feb., p. 9
and exercise, May, p. 7
fat cells size vs. number, Dec., p. 10
food industry and overeating, May, p. 1
and genes, exercise, May, p. 1
and grain foods, Nov., p. 1
and leptin, genes, epigenetics, temperature, viruses, gut bacteria, surgery, Dec., p. 1
and sleep, Jul./Aug., p. 8, Nov., p. 8
and stiff arteries, Oct., p. 1
and sugars, Jan./Feb., p. 1

**Whole Grains**
and belly fat, Nov., p. 9
and blood pressure, Oct., p. 8
brown rice and diabetes, Jul./Aug., p. 8
finds & frauds, Mar., p. 13