About CSPI, publisher of Nutrition Action Healthletter

The Center for Science in the Public Interest (CSPI), founded in 1971, is an independent nonprofit consumer health group. CSPI advocates honest food labeling and advertising, safer and more nutritious foods, and pro-health alcohol policies. CSPI’s work is supported by Nutrition Action Healthletter subscribers and foundation grants. CSPI accepts no government or industry funding. Nutrition Action Healthletter, first published in 1974, accepts no advertising.

Right Stuff

GO MAN GO

Apples, bananas, oranges. No one wonders how to eat or serve them. But mangoes are a different story.

Many shoppers pass the reddish-yellowish-greenish fruits right by because they have no clue how to pick, peel, or prepare them. Too bad. Just one cup of mango supplies 80 percent of a day’s vitamin C, 25 percent of a day’s vitamin A, 7 percent of a day’s blood-pressure-lowering potassium, and 3 grams of fiber, all for only 110 fat-free, sodium-free calories.

Bonus: mango is one of the Environmental Working Group’s “Clean 15”—the fruits and vegetables least likely to have harmful pesticide residues.

So exactly how do you deal with a mango?

First, look for a slightly soft fruit if you want to eat it soon, or a firm fruit if you’ll be waiting several days. (Color isn’t a good sign of ripeness.) Store at room temperature if you want it to ripen more, or in the fridge if it’s already ripe.

Then peel (a paring knife works best), slice (you’ll have to cut around the large pit in the middle), and smack (your lips).

If you can resist the temptation to gobble it up on the spot, try adding mango slices to a green salad with sliced avocado and sesame dressing. Or throw a handful of mango chunks into a berry-rich fruit salad.

Then there’s mango salsa (diced mango, fresh lime juice, thin-sliced red onion, fresh cilantro, and diced jalapeño pepper). Or try adding diced mango to a curried chicken or shrimp salad.

Whatever you do, don’t let your chance to savor a mango go by.

Food Porn

GO LYIN’

Trying to lose weight? You’re in luck. Kashi GOLEAN Chewy bars “are naturally sweetened, soft chewy snack bars made with Seven Whole Grains and Sesame and covered in chocolate.” And they’re “high in protein and fiber to help you stay satisfied.”

You can choose from five yummy flavors: Chocolate Almond Toffee, Cookies ‘N Cream, Malted Chocolate Crisp, Oatmeal Raisin Cookie, or Peanut Butter & Chocolate.

Take Cookies ‘N Cream. It’s almost like eating a candy bar. True, the first ingredient in an ordinary candy bar wouldn’t be soy protein isolate. But that’s followed by three sugars—evaporated cane juice syrup, brown rice syrup, and evaporated cane juice—which would probably dwarf the soy isolate if they were combined.

Then come the cookie pieces (mostly white flour and more evaporated cane juice), followed by Kashi’s Seven Whole Grains & Sesame Cereal (largely corn, wheat bran, and—you guessed it—evaporated cane juice). That explains why each bar has 8 or 9 teaspoons of sugar.

How does a 300-calorie chocolate-coated snack bar that’s loaded with sugars earn the GOLEAN name? Surely, it’s not the smidgen of isolated fibers, whole grains, and soy powder. Surely, fruit or veggies would make a leaner snack.

Apparently, the only thing that stands behind the GOLEAN brand is Kashi’s good name. Make that Kellogg’s maybe-not-so-good name. The cereal giant—maker of Frosted Flakes and Cocoa Krispies—acquired Kashi in 2000. That might explain how a whole grain cereal morphed into a candy bar dressed up as a health food with mysterious powers to keep or make you lean.

Kashi: (877) 747-2467

Fill a baking dish with a medley of vegetables (try chunks of cauliflower and onion and whole Brussels sprouts). Drizzle with a few tablespoons of extra-virgin olive oil, sprinkle with salt, and roast at 450º, stirring frequently, until very well browned.