BELIEVE IT OR NOT
The backstory on some recent buzz

Caffeine & health
The latest

Beyond bread
The best wraps, pitas, bagels, etc.

OUT WITH GOUT?
Keep McDonald’s Out of the Classroom

The coronavirus thoroughly upended school as we knew it. A year ago, homes replaced school buildings, dining room tables replaced desks, and teachers (as they always do!) rose to the occasion.

Food companies, sadly, were already well positioned to profit from the move to online. How?

Students gain access to their virtual classrooms via platforms—websites and apps like ABCya—on school-issued laptops and other devices. But many of those platforms—roughly 60 percent, by one analysis done in June—either contain ads or have unclear advertising policies.

And many of the ads are troubling. The last thing we need is a pitch for Happy Meals in the panel next to a lesson on Ancient Egypt, or Tony the Tiger carrying on right beside a math game.

Kids are uniquely vulnerable to marketing because they don’t understand advertising’s intent…or the impact of food on their health.

That’s why the Center for Science in the Public Interest, Nutrition Action’s publisher, and our partner organizations are working to get Madison Avenue out of what are essentially today’s textbooks.

Last June, for example, we convinced McDonald’s, Kraft Heinz, and Kellogg to pull their ads from some online platforms through the end of 2020.

We also persuaded the Children’s Food and Beverage Advertising Initiative—the industry’s self-regulatory body—to ask its 19 member companies to drop their online-platform ads.

Those are good first steps, but the commitments are voluntary, and we don’t know for how long the companies will abide by them. It’s the U.S. Department of Agriculture that needs to do more to protect our children. The USDA already limits junk food advertising on school grounds. The same should apply to the new school grounds: school-issued computers and online resources for students.

Learning about history can be fun, but Lincoln and Lunchables on the same screen just isn’t right. CSPI will continue to fight to make sure that our schools—whether online or in-person—are permanently free of junk-food advertising.

As it is, we and our children are surrounded 24/7 by marketing for unhealthy foods—in shopping malls, drug stores, gas stations, convenience stores, and movie theaters, on TV, and elsewhere. The least we can expect is that advertising for junk food stops at the school door, whether real or virtual.

You can help by signing our petition urging the USDA to limit those junk food ads at cspinet.org/educationplatforms.

Thank you.

Peter G. Lurie, MD, MPH, President Center for Science in the Public Interest
Another group was allowed to sleep for only five hours a night for all nine nights, while the third group was allowed to sleep for up to nine hours a night. The results: “Weekend recovery sleep didn’t prevent weight gain or impaired insulin sensitivity,” says Depner. “If you continually cycle back and forth between insufficient sleep during the workweek and recovery sleep on the weekend, that’s not going to protect you from the risk of weight gain and type 2 diabetes.”

“So the best advice is to try to get adequate sleep during the workweek.”

Few studies have been done on older people, notes Depner. “We don’t know what would happen if we were to look at people who were older, prediabetic, overweight, or who had other risk factors for type 2 diabetes.”

Bottom Line: For tips on how to get enough sleep, see March 2018, p. 9.

1 Can you make up for lost sleep on weekends?

One out of three U.S. adults say they get less than the seven hours a night of sleep experts recommend. If you’re among them, that can spell trouble for your waistline...and your health.

“In most laboratory studies where people have free access to food, those who sleep less eat more and tend to gain weight,” says Christopher Depner, assistant professor of health and kinesiology at the University of Utah.

For example, among 225 volunteers, those who were randomly assigned to sleep for no more than four hours a night for five nights in a row gained two pounds, while those who slept up to 10 hours a night gained nothing.3

But extra weight isn’t the only downside to insufficient sleep.

“Laboratory controlled trials consistently show a reduction in insulin sensitivity when sleep is restricted,” notes Depner. Insulin sensitivity even fell in sleep-restricted healthy young men who weren’t allowed to overeat.2

A drop in insulin sensitivity means that your body’s insulin is less able to move blood sugar into cells. Once your insulin loses enough of its punch, blood sugar rises and you’ve got type 2 diabetes.

“Our insulin sensitivity tests can detect changes that you won’t see if you go to a doctor,” says Depner. “A rise in fasting blood sugar might tip off a clinician that you have prediabetes. But that’s going to happen much further down the road.”

Depner’s study asked a key question: “Most people try to catch up on lost sleep on the weekend, so we wanted to see if weekend recovery sleep had any benefits for metabolic health.”

His team randomly assigned 36 lean young men and women to one of three groups.3

“One group had a simulated workweek of insufficient sleep,” explains Depner. “On Monday through Friday, we restricted them to five hours of sleep per night. Then they got a simulated weekend where they could sleep as much as they wanted. And then they went back to insufficient sleep for two days.”

Another group was allowed to sleep for only five hours a night for all nine nights, while the third group was allowed to sleep for up to nine hours a night.

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Bottom Line: For tips on how to get enough sleep, see March 2018, p. 9.

2 Does high-fat dairy keep a lid on blood sugar?

“The case against low-fat milk is stronger than ever,” said TIME.com.

The evidence cited by TIME: In a study that tracked roughly 3,000 people for 15 years, those with higher levels of dairy fats in their blood had about a 45 percent lower risk of getting diabetes.1

What might explain that link? “People eating more high fat dairy products will have enough calories so they won’t feel hungry enough to need additional calories from sugary foods,” suggested TIME.
“It’s also possible that the fats in dairy may be acting directly on cells, working on the liver and muscle to improve their ability to break down sugar from food.”

Then again, something entirely different about people with higher blood levels of dairy fat might explain their lower risk of diabetes.

“They may have a healthier diet and lifestyle,” says Alice H. Lichtenstein, director of the cardiovascular nutrition laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. Or they may eat a lot of lower-fat dairy.

Two recent studies—both partly funded by the dairy industry—gave people high-fat or low-fat dairy to see if either kept blood sugar in check.

One team studied people with the metabolic syndrome, who have an increased risk of type 2 diabetes and often have higher-than-normal blood sugar levels.

The scientists randomly assigned 111 people with type 2 diabetes to receive, for follow-up, three servings a week of high-fat dairy, three servings a week of low-fat dairy, or no dairy at all.

After 24 weeks, blood sugar levels were lower in those who ate dairy. The low-fat group had a 6% drop, the high-fat group had a 12% drop, and the group that didn’t eat dairy had no change.

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exertion," he adds. Exercise, usually at the extremes of orders, or when people cramp during nighttime leg cramps in older adults." doesn’t reduce the frequency or severity of the cramps. The studies came up empty.8

Garrison’s conclusion: “Magnesium is a great alternative to other ways to give magnesium,” he says. What causes nighttime cramps?

“We couldn’t draw any conclusions on magnesium,” says Garrison. “Even in people who were deficient, it didn’t make a difference.”

Since then, Garrison has twice examined the benefits of Magnesia, a brand of magnesium citrate that is used as a laxative. “Much of it stays in the bowel and isn’t absorbed,” he says. “It’s still not clear if taking fish oil can protect the heart?”

According to Lincoff, the trial was focused on patients who had high triglycerides, low HDL, or either established cardiovascular disease or a high risk for development of cardiovascular disease,” noted Michael Lincoff, professor of medicine at the Cleveland Clinic Lerner College of Medicine, at the American Heart Association’s Scientific Sessions 2020. All of the participants were also taking statins.

The trial used Epanova, a drug that contains EPA and DHA made by AstraZeneca, which funded the research. “We specifically used a corn oil placebo because it’s a neutral placebo, unlike mineral oil, which does have some adverse effects on cardiovascular markers,” explained Lincoff.

Mineral oil was the placebo in the 2018 REDUCE-IT trial, which reported a 25 percent lower risk of cardiovascular events in high-risk people who were given a highly purified version of EPA (a drug called Vascepa) instead of mineral oil.13 (The study was funded by Amarin Pharma, which makes Vascepa.)

Some scientists worried that the mineral oil might have raised risks in REDUCE-IT’s control group, which would have made Vascepa appear effective. But an expert panel advising the FDA concluded that mineral oil could have explained only a small fraction of the difference between groups.15

Unlike REDUCE-IT, the STRENGTH trial—with its neutral placebo—came up empty. Epanova “did not reduce major adverse cardiac events,” said Lincoff. And the drug had a downside. “The risk of atrial fibrillation—a potentially dangerous arrhythmia—was increased by as much as 70 percent,” Lincoff noted.
That wasn’t common, though. Epapanevola caused the irregular heartbeat—which can increase the risk of stroke—in about 1 of every 100 users.

The REDUCE-IT trial also reported more atrial fibrillation in EPA takers than in placebo takers.

What about people who aren’t at high risk? As it happens, scientists released the results of the VITAL Rhythm Study at the same Heart Association meeting in San Antonio, Texas. The study tested whether daily EPA (450 mg) plus DHA (380 mg) could prevent atrial fibrillation in roughly 25,000 people at ordinary risk.

While those taking fish oil had no lower risk, “the good news is that there wasn’t an increase in risk,” reported Christine Albert, who chairs the cardiology department at Cedars-Sinai in Los Angeles. (The full study hadn’t been published at the time.)

**Bottom Line:** Aim for one to two servings of seafood a week, as the American Heart Association advises. The jury is still out on fish oil supplements (see Jan./Feb. 2019, p. 3).

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### 5 Does saturated fat boost liver fat?

An estimated one out of three U.S. adults—and one out of 10 children—have non-alcoholic fatty liver disease, or NAFLD.21

“It’s one of the most common liver diseases worldwide,” notes Fredrik Rosqvist of Uppsala University in Sweden.

The chief cause: excess weight around the waist.

“NAFLD is a spectrum of diseases,” explains Rosqvist. In the beginning, the liver simply accumulates extra fat. “That can progress to a fatty liver with inflammation. And that may progress to cirrhosis or liver cancer.” Only about 20 percent of people with NAFLD have that severe, inflammatory version. But even a fatty liver without inflammation can cause trouble.

“NAFLD is strongly associated with both type 2 diabetes and cardiovascular disease,” says Rosqvist.

Although excess weight is the key driver for fatty liver, replacing saturated fats with polyunsaturated fats may help limit liver fat.

In the HEPFAT trial, researchers randomly assigned 61 people with abdominal obesity to eat a diet high in either saturated fats (from butter and scones) or sunflower oil (a polyunsaturated fat).20

“At the same Heart Association meeting,17 researchers had gained three to five pounds.

“But for the same weight gain, saturated fat increased liver fat, whereas polyunsaturated fat led to little or no liver fat accumulation,” says Rosqvist.

“And it improved the blood lipid profile.” That is, the polyunsaturated fat lowered LDL (“bad”) cholesterol, while the saturated fat raised it.

“In our most recent study, the people eating more saturated fats only gained about an ounce of liver fat, so few crossed the threshold for having a fatty liver,” notes Rosqvist.

How many would have crossed the threshold if the study had lasted several years rather than weeks? Researchers haven’t looked. Nevertheless, says Rosqvist, “it’s important to exchange some of your saturated fat intake with unsaturated fats.”

That should lower your LDL cholesterol. And it also helps prevent fatty liver, think of it as a bonus.

**Bottom Line:** Replace butter, cheese, red meats, and palm or coconut oil with other oils, nuts, seeds, and fish.
Out with Gout

Gout, an inflammatory arthritis that causes painful swelling in the joints, is on the rise. What might cut the risk?

In 1986, scientists started tracking 44,654 men aged 40 to 75. By 2012, 1,741 of them had been diagnosed with gout.

Excess weight, alcohol, and diuretics were linked to a higher risk. A DASH-like diet was linked to a lower risk. (A DASH diet is rich in vegetables and fruit and low in added sugars, includes low-fat dairy, and favors poultry, fish, and beans over red meat.)

Weight mattered the most. Men who had obesity had 2½ times the risk of men at the lower end of the normal weight range. The authors estimated that 70 percent of the gout cases could have been prevented if the men were lean, drank only occasionally, took no diuretics, and ate a DASH-like diet.

What to do: Don’t stop taking diuretics without asking your doctor about alternatives. For more on the DASH diet, see Oct. 2020, p. 6.

Prostate Cancer to Watch?

Experts recommend active surveillance, rather than surgery or radiation, for low-risk prostate cancer. But the number of U.S. men on active surveillance varies by region.

Researchers looked at roughly 80,000 men aged 80 or younger with low-risk prostate cancer (that is, cancers diagnosed as cT1c or cT2a and Gleason grade group 1 in men with a PSA level under 10 ng/mL).

In 2010, 13 percent of the men were on active surveillance. By 2015, it was up to 32 percent. But the 2015 rates varied widely, from 52 percent in Connecticut to 45 percent in the San Francisco-Oakland area to 16 percent in Hawaii to 13 percent in New Mexico.

What to do: Ask your doctor whether you can try active surveillance to avoid the side effects of surgery or radiation (see Apr. 2018, p. 3).

Music, Anyone?

Can music affect how quickly you eat?

People took, on average, 38 seconds to eat a piece of chocolate when listening to music. Without music, they took 25 seconds. And they took a few seconds longer with slower music than with faster music.

What to do: Want to eat more slowly? Music may help.

Knees Need to Move

Can exercise curb arthritis pain?

Scientists randomly assigned 345 people with knee osteoarthritis to a stepped exercise program or a control group (which was sent advice on how to manage arthritis).

Exercisers who didn’t have less pain or better function after three months on Step 1 (an online exercise program) moved to Step 2 (biweekly exercise coaching calls) for three months. Those who still didn’t improve moved to Step 3 (in-person physical therapy).

After nine months, 65 percent had moved to Step 2 and 35 percent had gone on to Step 3. Overall, the stepped group had better scores than the control group on a questionnaire rating pain, stiffness, and function, but not on tests of how quickly they could walk, climb stairs, get out of a chair, etc.

What to do: Arthritis in your knees? Keep moving.
“What work of genius has ever been composed on chamomile?” asks Michael Pollan in his audiobook Caffeine, as he tries to quit his habit. America runs on caffeine. Roughly 85 percent of us drink at least one caffeinated beverage every day. Here’s the latest on how caffeine affects our health.

Caffeine 101

How does caffeine work? "The stimulant effects that most people associate with caffeine are due to caffeine’s ability to block adenosine receptors in the brain,” explains Marilyn Cornelis, associate professor of preventive medicine at the Feinberg School of Medicine at Northwestern University. Adenosine, a natural sedative, builds up during waking hours and dissipates during sleep. But when caffeine blocks the adenosine receptors, adenosine can’t do its job...so you don’t feel drowsy. (See “Why caffeine keeps you up.”)

Like with most dependencies, you can build up a tolerance to caffeine. “The more caffeine you consume, the more adenosine receptors your brain makes,” notes Cornelis. So you need even more caffeine to block those extra receptors and keep you alert.

How much caffeine is too much? The Food and Drug Administration says that most adults can safely consume up to 400 milligrams a day. (For levels in a selection of foods, see p. 11.) But caffeine’s impact on people varies.

On average, the half-life of caffeine—which is the amount of time that it takes to break down half the caffeine in your body—is about three to five hours,” says Cornelis. So if you drink a cup of coffee at, say, 2 p.m., a quarter of its caffeine may still be coursing through you between 8 p.m. and midnight.1

“But there’s large genetic variability in the activity of the key enzyme that metabolizes caffeine,” says Cornelis. What’s more, caffeine metabolism can change. For example, it speeds up if you smoke cigarettes and slows if you take birth control pills or are pregnant.

Of course, you don’t need a genetic test to find out how caffeine affects you. “Those tests only look at the gene for metabolizing caffeine,” Cornelis points out. “But maybe you have a genetic variant in the adenosine receptor, which could make you more or less sensitive to caffeine’s effects on sleep. The test won’t tell you that.”

What’s more, most people know how much caffeine they can handle. “People with the genetic variant that is linked to slower caffeine metabolism generally consume less caffeine,” says Cornelis.2

“If you drink one cup of coffee and you’re off the wall for the rest of the day, that’s more informative than a genetic test.”

Sleep

“I’m sleeping like a teenager again and wake feeling actually refreshed,” says Michael Pollan about his breakup with caffeine. But Pollan’s experience may not apply to everyone. In one of the few studies to look, researchers had 66 young regular caffeine users who had trouble sleeping go cold turkey. Over the next week, the volunteers spent no more time asleep and took no less time to fall asleep than before.3

Even so, it may be wise to avoid high doses of caffeine later in the day. In an industry-funded study, researchers gave 12 young regular caffeine users either a placebo or 400 mg of caffeine six hours, three hours, or immediately before bedtime on separate days. Com-
BY CAITLIN DOW

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out. “But maybe you have a genetic
metabolizing caffeine,” Cornelis points

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"If you drink one cup of coffee and
 woes, but many mugs hold 10 to 12 oz.

At Starbucks, the only size on some
menu boards—a “grande”—is 2 cups,
or 16 oz. A “venti” is 2½. Want just
1 cup? Ask for a “short.”)

To prove that coffee prevents type 2
diabetes, you’d need a study that
randomly assigned people to drink
coffee or a placebo for years.

Surprisingly, “in short-term trials,
cafeine reduces insulin sensitivity,”
says van Dam.3 In other words, caf-
eine makes insulin less effective at
moving sugar from your blood into
your cells, which could eventually
lead to type 2 diabetes.

However, “the body adapts to the
effects of caffeine, usually within a week or
so,” notes van Dam. “In trials lasting
several weeks, caffeinated coffee has no
detrimental effects on insulin sensitivity.”4

It wouldn’t help them.”

In one study, researchers enrolled
12 Australian men who typically
exercised less than an hour a week.
On two separate days, the men
took a placebo or 2.7 mg of caffeine
per pound of body weight an hour
before riding stationary bikes for
30 minutes. On the day they got
caffeine, the men burned 5 percent
more calories, pedaled 5 percent
harder, and pushed their heart rate
5 percent higher, all without feeling
like they were working harder.5

Few studies have looked at the
exercise-boosting effects of caffeine
in older adults, Ganio points out.

“But I can’t think of a reason why
it wouldn’t help them.”

In one study, 19 British adults aged
61 to 79 performed a battery of physical
tests an hour after taking a placebo or
1.4 mg of caffeine per pound of body
weight. On the day they got the caffeine,
the volunteers were able to do one more bicep curl in a 30-second test and walk about 100 feet farther in a 6-minute test than when they took the placebo.\textsuperscript{12}

Why might the caffeine in two- or-so cups of coffee give your workout a jolt?

For one, “it reduces feelings of fatigue,” says Ganio. Caffeine can also blunt the perception of muscle pain.

“And, at a given pace, people will rate exercise as less difficult when they’ve had caffeine.”

Taken together, that means that caffeine may make exercise feel a bit easier.

“In turn, maybe you’re able to push yourself a little harder,” says Ganio.

**LDL Cholesterol**

At typical intakes, caffeine doesn’t raise your risk of heart disease.\textsuperscript{13}

But some methods of brewing coffee—regular or decaf—could harm your heart by raising your LDL (“bad”) cholesterol.

Fortunately, that’s not the way Americans typically drink theirs.

“When coffee is prepared using a drip-filter method, a compound called cafestol remains in the filter and doesn’t make its way into your cup,” van Dam explains.

And it’s cafestol that raises LDL. (No one has tested whether wire mesh filters can trap cafestol as well as paper does.)

In coffee made with a French press or boiled (like Scandinavian or Turkish coffee), the cafestol isn’t filtered out. Love a latte? Brewing espresso filters out about half the cafestol.\textsuperscript{14}

The rise in LDL from unfiltered coffee isn’t trivial.

In one study, 64 Dutch adults were randomly assigned to a no-coffee control group or to drink 30 oz. (nearly 4 cups) of either filtered coffee or unfiltered coffee every day. After 11 weeks, the average LDL level of the unfiltered-coffee drinkers was 16 points higher than the level of the filtered-coffee drinkers.\textsuperscript{15}

How much unfiltered coffee is too much? “It’s difficult to establish a clear cutoff,” says van Dam. “But each additional cup seems to increase LDL more.”

His advice: “For people with elevated LDL levels, it seems prudent to avoid drinking unfiltered coffee daily and to try switching to another preparation method.”

That French press? Save it for the occasional treat.

**Parkinson’s**

Caffeine improves dopamine signaling in the brain. And loss of dopamine causes the movement problems that occur in Parkinson’s disease.

Could caffeine help protect against Parkinson’s or slow its progression?

“It’s quite clear that people who consume more caffeine have a lower risk of Parkinson’s disease,” says Ron Postuma, a neurologist at McGill University in Montreal.

In one study, researchers tracked roughly 138,000 men and women for up to 32 years. In women who had never used hormone replacement therapy and in men, those who consumed the most caffeine (about 600 to 800 mg a day) had a 38 percent lower risk of Parkinson’s than those who consumed the least. (It’s not clear whether caffeine lowers the risk of Parkinson’s in women who take hormones after menopause.)\textsuperscript{16}

“Would you assume that would mean that caffeine must be protective against Parkinson’s disease,” says Postuma. But something else could be at play.

For example, “Parkinson’s disease has a period of about 15 to 20 years where it’s already in your brain, but you don’t show symptoms,” Postuma explains.

“During that time, people might start losing sensitivity to caffeine, so they use it less.”

Could caffeine help people who already have Parkinson’s?

Postuma randomly assigned 118 patients to take either a placebo or 200 mg of caffeine twice a day for six months.\textsuperscript{17}

“We didn’t see any obvious benefit in the patients who got caffeine,” he says. “I don’t think caffeine can be recommended for long-term management of Parkinson’s symptoms.”\textsuperscript{18}

---

The FDA doesn’t require companies to disclose caffeine, but many voluntarily do. To get the numbers in this chart, we checked product labels and websites and asked companies. (For more, go to cspinet.org/caffeine.) Keep in mind that plenty of factors—like the kind of coffee beans or how long your tea bag steeps—affect how much caffeine winds up in your cup.

### Coffee & Tea Drinks (coffee shops)

<table>
<thead>
<tr>
<th>Caffeine (mg)</th>
<th>Coffee &amp; Tea Drinks (coffee shops)</th>
</tr>
</thead>
<tbody>
<tr>
<td>410</td>
<td>Starbucks Coffee, Pike Place Roast (venti, 20 oz.)</td>
</tr>
<tr>
<td>360</td>
<td>Starbucks Coffee, Blonde Roast (grande, 16 oz.)</td>
</tr>
<tr>
<td>310</td>
<td>Starbucks Coffee, Pike Place Roast (grande, 16 oz.)</td>
</tr>
<tr>
<td>270</td>
<td>Dunkin’ Coffee (large, 20 oz.)</td>
</tr>
<tr>
<td>260</td>
<td>Starbucks Coffee, Dark Roast (grande, 16 oz.)</td>
</tr>
<tr>
<td>225</td>
<td>Starbucks Caffè Americano (grande, 16 oz.)</td>
</tr>
<tr>
<td>210</td>
<td>Dunkin’ Coffee (medium, 14 oz.)</td>
</tr>
<tr>
<td>175</td>
<td>Starbucks Caffè Mocha—hot or iced (grande, 16 oz.)</td>
</tr>
<tr>
<td>166</td>
<td>Dunkin’—Latte or Cappuccino (medium, 14 oz.)</td>
</tr>
<tr>
<td>150</td>
<td>Starbucks—Caffè Latte or Cappuccino (grande, 16 oz.)</td>
</tr>
<tr>
<td>150</td>
<td>Starbucks Espresso (doppio, 1.5 oz.)</td>
</tr>
<tr>
<td>95</td>
<td>Starbucks Chai Latte—hot or iced (grande, 16 oz.)</td>
</tr>
<tr>
<td>95</td>
<td>Starbucks Coffee Frappuccino (grande, 16 oz.)</td>
</tr>
<tr>
<td>80</td>
<td>Starbucks Matcha Green Tea Latte—hot or iced (grande, 16 oz.)</td>
</tr>
<tr>
<td>25</td>
<td>Starbucks Decaf Coffee, Pike Place Roast (grande, 16 oz.)</td>
</tr>
</tbody>
</table>

### Coffee Drinks (bottles & cans)

<table>
<thead>
<tr>
<th>Caffeine (mg)</th>
<th>Coffee Drinks (bottles &amp; cans)</th>
</tr>
</thead>
<tbody>
<tr>
<td>200</td>
<td>High Brew Nitro Black Cold Brew (10 oz.)</td>
</tr>
<tr>
<td>195</td>
<td>Starbucks Black Unsweet Cold Brew (12 oz.)</td>
</tr>
<tr>
<td>175</td>
<td>La Colombe Triple Shot Draft Latte (9 oz.)</td>
</tr>
<tr>
<td>120</td>
<td>La Colombe Draft Latte—Double Shot or Oatmilk (9 oz.)</td>
</tr>
<tr>
<td>120</td>
<td>Starbucks Doubleshot Espresso &amp; Cream (6.5 oz.)</td>
</tr>
<tr>
<td>110</td>
<td>Starbucks Coffee Frappuccino (13.7 oz.)</td>
</tr>
<tr>
<td>100</td>
<td>Chameleon Organic Cold-Brew Original Oat Milk Latte (12 oz.)</td>
</tr>
<tr>
<td>95</td>
<td>Silk Espresso Almond &amp; Oat Latte (12 oz.)</td>
</tr>
</tbody>
</table>

### Coffee & Espresso (ground)

<table>
<thead>
<tr>
<th>Caffeine (mg)</th>
<th>Coffee &amp; Espresso (ground)</th>
</tr>
</thead>
<tbody>
<tr>
<td>120–160</td>
<td>Folgers Classic Roast (2 Tbs., makes 12 oz.)</td>
</tr>
<tr>
<td>75–150</td>
<td>Keurig K-Cup, most varieties (1 pod, makes 8 oz.)</td>
</tr>
<tr>
<td>125</td>
<td>Nespresso Original Kazaar (1 capsule)</td>
</tr>
<tr>
<td>77–85</td>
<td>Nespresso Original Lungo varieties (1 capsule)</td>
</tr>
<tr>
<td>60–80</td>
<td>Folgers 1/2 Caff (2 Tbs., makes 12 oz.)</td>
</tr>
<tr>
<td>55–65</td>
<td>Folgers Original—except Kazaar or Lungo (1 capsule)</td>
</tr>
<tr>
<td>2–8</td>
<td>Folgers Classic Decaf (2 Tbs., makes 12 oz.)</td>
</tr>
</tbody>
</table>

### Tea (bottles & tea bags)

<table>
<thead>
<tr>
<th>Caffeine (mg)</th>
<th>Tea (bottles &amp; tea bags)</th>
</tr>
</thead>
<tbody>
<tr>
<td>120</td>
<td>Health-Ade Plus Energy Kombucha (16 oz.)</td>
</tr>
<tr>
<td>95</td>
<td>Celestial Seasonings Energy Tea, green or black (1 bag, brewed)</td>
</tr>
<tr>
<td>94</td>
<td>Honest T Organic Honey Green Tea (16.9 oz.)</td>
</tr>
<tr>
<td>77</td>
<td>Pure Leaf Unsweetened Black Tea (16.9 oz.)</td>
</tr>
<tr>
<td>68</td>
<td>KeVita Master Brew Kombucha (15.2 oz.)</td>
</tr>
<tr>
<td>60</td>
<td>Celestial Seasonings English Breakfast Tea (1 bag, brewed)</td>
</tr>
<tr>
<td>55</td>
<td>Lipton Black Tea (1 bag, brewed)</td>
</tr>
<tr>
<td>46</td>
<td>Honest T Organic Half Tea &amp; Half Lemonade (16.9 oz.)</td>
</tr>
<tr>
<td>45</td>
<td>Pure Leaf Honey Green Tea (16.9 oz.)</td>
</tr>
<tr>
<td>37</td>
<td>Snapple Lemon Tea (16 oz.)</td>
</tr>
<tr>
<td>35</td>
<td>Celestial Seasonings Authentic Green Tea (1 bag, brewed)</td>
</tr>
</tbody>
</table>

### Caffeine (mg)

<table>
<thead>
<tr>
<th>Caffeine (mg)</th>
<th>GT’s Synergy Raw Kombucha (16 oz.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8–16</td>
<td>Health-Ade Kombucha—except Plus Energy (16 oz.)</td>
</tr>
<tr>
<td>5–15</td>
<td>Lipton Decaffeinated Black Tea (1 bag, brewed)</td>
</tr>
<tr>
<td>less than 5</td>
<td>Herbal tea (1 bag, brewed)</td>
</tr>
</tbody>
</table>

### Soft Drinks (12 oz.)

<table>
<thead>
<tr>
<th>Caffeine (mg)</th>
<th>Soft Drinks (12 oz.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>69</td>
<td>Pepsi Zero Sugar</td>
</tr>
<tr>
<td>54</td>
<td>Mountain Dew—diet or regular</td>
</tr>
<tr>
<td>46</td>
<td>Diet Coke</td>
</tr>
<tr>
<td>41</td>
<td>Dr Pepper—diet or regular</td>
</tr>
<tr>
<td>35–38</td>
<td>Pepsi—diet or regular</td>
</tr>
<tr>
<td>34</td>
<td>Coca-Cola—regular or Zero Sugar</td>
</tr>
<tr>
<td>22</td>
<td>Barq’s Root Beer</td>
</tr>
<tr>
<td>0</td>
<td>7-Up, Fresca, Sprite, ginger ale, or root beer—most brands</td>
</tr>
</tbody>
</table>

### Energy Drinks & Other Beverages

<table>
<thead>
<tr>
<th>Caffeine (mg)</th>
<th>Energy Drinks &amp; Other Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td>300</td>
<td>Bang (16 oz.)</td>
</tr>
<tr>
<td>230</td>
<td>5-hour Energy Extra Strength (1.9 oz.)</td>
</tr>
<tr>
<td>225</td>
<td>Starbucks Triplteshot Energy (15 oz.)</td>
</tr>
<tr>
<td>200</td>
<td>5-hour Energy Regular Strength or 5-hour Tea (1.9 oz.)</td>
</tr>
<tr>
<td>135</td>
<td>Starbucks Doubleshot Energy (15 oz.)</td>
</tr>
<tr>
<td>114</td>
<td>Coca-Cola Energy—regular or Zero Sugar (12 oz.)</td>
</tr>
<tr>
<td>80</td>
<td>Red Bull—regular or sugar-free (8.4 oz.)</td>
</tr>
<tr>
<td>80</td>
<td>V8 +Energy (8 oz.) or V8 Sparkling +Energy (11.5 oz.)</td>
</tr>
<tr>
<td>75</td>
<td>Ocean Spray Cran-Energy (10 oz.)</td>
</tr>
<tr>
<td>60</td>
<td>MIO Energy (½ tsp. squeeze, makes 8 oz.)</td>
</tr>
<tr>
<td>55</td>
<td>Bai Antioxidant Infusion (18 oz.)</td>
</tr>
<tr>
<td>50</td>
<td>Vitaminwater Energy Tropical Citrus (20 oz.)</td>
</tr>
<tr>
<td>30</td>
<td>AHA Black Cherry + Coffee Sparkling Water (12 oz.)</td>
</tr>
<tr>
<td>30</td>
<td>AHA Citrus + Green Tea Sparkling Water (12 oz.)</td>
</tr>
</tbody>
</table>

### Chocolate, Ice Cream, & Yogurt

<table>
<thead>
<tr>
<th>Caffeine (mg)</th>
<th>Chocolate, Ice Cream, &amp; Yogurt</th>
</tr>
</thead>
<tbody>
<tr>
<td>66</td>
<td>Ben &amp; Jerry’s Brewed to Matter Ice Cream (½ cup)</td>
</tr>
<tr>
<td>65</td>
<td>Ben &amp; Jerry’s Coffee, Coffee BuzzBuzzBuzz! Ice Cream (½ cup)</td>
</tr>
<tr>
<td>40</td>
<td>Dannon Lowfat Coffee Yogurt (5.3 oz.)</td>
</tr>
<tr>
<td>30</td>
<td>Häagen-Dazs Heaven Cold Brew Espresso Chip Ice Cream (½ cup)</td>
</tr>
<tr>
<td>20</td>
<td>Breyers Coffee Frozen Dairy Dessert (½ cup)</td>
</tr>
<tr>
<td>20</td>
<td>Hershey’s Special Dark Chocolate Bar (1 bar, 1.4 oz.)</td>
</tr>
<tr>
<td>14</td>
<td>Dreyer’s or Edy’s Slow Churned Coffee Ice Cream (¼ cup)</td>
</tr>
<tr>
<td>9</td>
<td>Hershey’s Milk Chocolate Bar (1 bar, 1.5 oz.)</td>
</tr>
<tr>
<td>5</td>
<td>Hershey’s Cocoa powder (1 Tbs.)</td>
</tr>
<tr>
<td>3</td>
<td>Chobani Coffee &amp; Cream Greek Yogurt (5.3 oz.)</td>
</tr>
<tr>
<td>3</td>
<td>Swiss Miss Milk Chocolate Hot Cocoa Mix (1 packet)</td>
</tr>
<tr>
<td>0</td>
<td>Talenti Coffee Chocolate Chip Gelato (¾ cup)</td>
</tr>
</tbody>
</table>

### Over-the-Counter Pills & Supplements (No. of pills)

<table>
<thead>
<tr>
<th>Caffeine (mg)</th>
<th>Over-the-Counter Pills &amp; Supplements (No. of pills)</th>
</tr>
</thead>
<tbody>
<tr>
<td>200</td>
<td>Hydroxycut Platinum (2)</td>
</tr>
<tr>
<td>200</td>
<td>Jet-Alert Double Strength, NoDoz, or Vivarin (1)</td>
</tr>
<tr>
<td>130</td>
<td>Excedrin Migraine or Tension Headache (2)</td>
</tr>
<tr>
<td>120</td>
<td>Midol Complete (2)</td>
</tr>
<tr>
<td>65</td>
<td>Bayer Back &amp; Body Extra Strength (2)</td>
</tr>
</tbody>
</table>

Source: Company information. Chart compiled by Kaamilah Mitchell.
Roasted Vegetables over White Bean Purée

SERVES 4

1. Preheat the oven to 450°F. On a rimmed baking sheet, toss the cauliflower with 3 Tbs. oil. On another rimmed baking sheet, toss the bell peppers and tomatoes with the remaining 1 Tbs. oil.

2. Roast the cauliflower on the lowest rack until the bottoms are browned, and the peppers and tomatoes on the top rack until lightly charred, 15–20 minutes for both.

3. In a small pot over medium heat, bring the garlic and beans with their liquid to a simmer for 5 minutes. Purée with a hand blender. Season with ¼ tsp. salt.

4. Top the purée with the cauliflower, tomatoes, and peppers. Season with black pepper and the remaining ¼ tsp. salt. Sprinkle with the parmesan.

PER SERVING (3 cups): calories 370 | total fat 17 g | sat fat 3 g | carbs 42 g | fiber 13 g | total sugar 8 g | added sugar 0 g | protein 15 g | sodium 440 mg
Think Outside the Loaf
Wraps, pitas, buns, bagels, etc.

BY LINDSAY MOYER & KAAMILAH MITCHELL

1 Spot the real whole grains. See “100% whole wheat” or “100% whole grain” on the label? Look no further.

No 100%? Check the ingredient list for “whole wheat” or other “whole” grains. “Enriched” or just “wheat” or “unbleached” flour are all refined. “Sprouted” grains, on the other hand, are typically whole.

Our Best Bites and Honorable Mentions are made with grains that are all—or nearly all—whole. We disqualified items with white flour unless it was far down the ingredient list (near yeast, gluten, or sugar), a sign that little was added.

We didn’t disqualify items with added bran or fibers like oat fiber, cellulose fiber, or soy fiber. Those ingredients help replace some of the flour (and cut the calories) in “low carb,” “light,” or “high fiber” tortillas and wraps.

2 Check the serving size. The Nutrition Facts may apply to just half an English muffin, naan, or bun. Our chart (see p. 15) shows numbers for a whole item.

And watch out for supersized servings. A typical bagel has 250 to 270 calories. Think of its three ounces as a stack of three slices of bread. Too bad whole-grain mini bagels are so hard to come by. Solution: Eat just half a biggie, or switch to a whole wheat English muffin like Whole Foods’ 365.

3 Skim the salt. Breads and flour tortillas don’t taste salty, but they can still deliver plenty of sodium. That’s why our Best Bites have no more than 240 milligrams per item. Honorable Mentions can have up to 300 mg. That lines up with our limits for two slices of bread. (See Mar. 2017, p. 13.)

4 Shrink the sugar. Most of the items in our chart have no more than a couple of grams of added sugar (if that), so we didn’t need to set limits for Best Bites and Honorable Mentions. We disqualified products that cut sugar with the questionable artificial sweetener sucralose, which we rate as “avoid.” (See chemicalcuisine.org.)

And beware of misleading “no high fructose corn syrup” claims from brands like Arnold, Brownberry, Oroweat, Nature’s Own, and Dave’s Killer Bread. Those words don’t mean “no added sugar.” In fact, they often mean “with added sugar.”
## Think Thin?

Heads up: For years, flatter buns (aka “sandwich thins”) had just 100 calories a pop. Today, some have grown up. “Perfectly-sized and now 140 calories per roll!” say Arnold 100% Whole Wheat Sandwich Thins, which hit 300 milligrams of sodium. Brownberry and Oroweat whole wheat thins have the same numbers. They still eke out an Honorable Mention, though. And if you’re watching every calorie, they beat two slices of many breads.

The only Best Bite: the smaller Ozery Whole Wheat OneBun, which still has just 100 calories.

## Whole-Grain Games

Beware these whole-grainy claims:

- **Grams of whole grain.** “Our organic Epic Everything bagels have all the garlicky and oniony deliciousness you want, and pack a whopping 26g of whole grains per serving,” says the Dave’s Killer Bread label. But that still leaves plenty of room for refined flour. The same-size Thomas’ Whole Wheat Bagels have 55 grams of whole grain.
  
  Why? Because they’re 100% whole grain.
  
  Tip: Dave’s English muffins aren’t all whole grain, either. (Many of his sliced breads do better, though.)
  
- **“Multigrain” or “ancient grain.”** White flour could be the first ingredient. Case in point: Thomas’ Light MultiGrain English Muffins and Stonefire Ancient Grain Mini Naan.
  
- **“Made with whole grain.”** “Made with” usually means you’re getting white flour mixed with whole grain.

## A Better White Bread?

**Original Egg White Wraps** are “simply made with over 95% cage free egg whites,” says Egglife.

Should you swap white flour for egg whites?

The upside: five grams of protein, just 25 calories, and an impressive 120 milligrams of sodium. Taste? Pleasantly plain, not eggy.

The downside: a six-pack cost $6. But if you need to avoid gluten or want to cut carbs, Egglife beats “gluten free” or “grain free” tortillas made with starchy refined tapioca.

## Don’t Count Your Veggies...

**Mission Garden Spinach Herb Wraps** are “lean, green tortillas” that are “made with fresh ingredients,” says the company’s website.

Really? The first ingredient: white flour. Spinach powder (it’s part of the “seasoning”) comes after water and shortening. Maybe it’s the yellow and blue food dyes that make them so green!

**Fiber One Garden Vegetable Wraps,** Angelic Bakehouse Garden Wraps, and other veggie-promising wraps drop the dyes, but they still have far more grain than dried, powdered, or juiced vegetables.

**Outer Aisle PlantPower Original Sandwich Thins** (50 calories), on the other hand, add enough fresh cauliflower—plus a little egg, parmesan, and nutritional yeast—to replace the flour altogether. The saturated fat (1½ grams) and sodium (130 milligrams) aren’t bad, but unless your sandwich is open-faced or folded like a taco, you’ll need to double those numbers for two thins. That drops them down to an Honorable Mention. Too bad the price ($7 for a six-pack) is so steep.

Bottom line: Don’t count on wraps to put a dent in the 10-plus servings of veggies and fruits you should shoot for every day. Powders and juices don’t fill you up like (low-cal) whole vegetables do. Our advice: Stuff some leafy greens inside...or add a salad on the side.

## Hello, Jicama!

“Jicama is mild & neutral, which is exactly what makes Trader Joe’s Jicama Wraps an ideal tortilla alternative!” says the package. The (fiber-rich!) root vegetable “reminds a crunchy cross between a water chestnut & an apple.”

If crunch is what you want, use the thinly shaved sheets raw. If you prefer softer and a more tortilla-like taste, heat them up in a lightly oiled skillet.

Calories? A paltry 15 per two-wrap serving. So dig in! 😋

---

### Whole-Grain Games

<table>
<thead>
<tr>
<th>Brand</th>
<th>Size</th>
<th>Calories</th>
<th>Protein</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thomas' 100% Whole Wheat</td>
<td>2 oz.</td>
<td>150</td>
<td>5</td>
<td>2</td>
<td>130</td>
<td>120</td>
</tr>
<tr>
<td>Everything Bagels</td>
<td>2 oz.</td>
<td>25</td>
<td>6</td>
<td>1½</td>
<td>230</td>
<td>270</td>
</tr>
<tr>
<td>Stonefire Ancient Grain</td>
<td>2 oz.</td>
<td>140</td>
<td>7</td>
<td>3½</td>
<td>180</td>
<td>230</td>
</tr>
<tr>
<td>Mini Naan</td>
<td>2 oz.</td>
<td>120</td>
<td>4½</td>
<td>1¾</td>
<td>170</td>
<td>200</td>
</tr>
</tbody>
</table>

*Note: Sodium varies due to regional variations or the number of pieces per serving.*
Best Thing Since...

Best Bites (✔✔) have no more than 240 milligrams of sodium. Honorable Mentions (✔) have up to 300 mg. The grains in both are all (or almost all) whole. Grain-free Best Bites and Honorable Mentions contain no refined starches like tapioca. We disqualified anything made with sucralose. Products are ranked from least to most sodium, then least to most calories. Our numbers may not match what's on some packages due to regional variations or the number of pieces per serving.

**English Muffins (1 muffin)**

✔✔ Food for Life Organic Genesis 1:29 (2.7 oz.)
180 140

✔✔ Food for Life Organic 7-Sprouted Grains (2.7 oz.)
160 160

Thomas’ Light MultiGrain (2 oz.)
100 170

✔ Food for Life Organic Ezekiel 4:9—Cinnamon Raisin, Flax, or Sprouted Grain (2.7 oz.)
170 170

Thomas’ Honey Wheat (2 oz.)
130 180

Thomas’ 100% Whole Wheat (2 oz.)
120 230

✔ 365 (Whole Foods) Whole Wheat (2.5 oz.)
120 270

Dave’s Killer Bread Organic Killer Classic (2.2 oz.)
140 330

**Bagels (1 bagel)**

✔ Pepperidge Farm Whole Grain Mini Bagels (1.4 oz.)
100 120

Thomas’ Everything Bagel Thins (1.6 oz.)
110 190

Thomas’ 100% Whole Wheat (3.4 oz.)
250 350

Dave’s Killer Bread Organic Epic Everything (3.4 oz.)
260 350

Dave’s Killer Bread Organic Boomin’ Berry (3.4 oz.)
260 380

Dave’s Killer Bread Organic Cinnamon Raisin Remix (3.4 oz.)
270 400

Udi’s Gluten Free Whole Grain (2.8 oz.)
240 410

Dave’s Killer Bread Organic Plain Awesome (3.4 oz.)
260 410

**Buns & Thins (1 bun or thin)**

Fiber One 100% Whole Wheat Thin (1.5 oz.)
90 160

✔ Food for Life Organic Ezekiel 4:9 Sprouted—Burger, Hot Dog, or Sesame Burger (2.7 oz.)
180 160

✔ Nature’s Own 100% Whole Wheat Hot Dog (1.6 oz.)
110 170

✔ Ozery Whole Wheat OneBun (1.4 oz.)
100 180

✔ Nature’s Own 100% Whole Wheat Hamburger (1.9 oz.)
130 190

✔ Pepperidge Farm 100% Whole Wheat Hamburger (1.8 oz.)
130 210

✔ 365 (Whole Foods) Whole Wheat—Hamburger or Hot Dog (1.9 oz.)
120 220

✔ 365 (Whole Foods) Organic Whole Wheat Hamburger (2 oz.)
120 240

✔ Angelic Bakehouse 7 Sprouted Whole Grains Slider (1.5 oz.)
120 240

✔ 365 (Whole Foods) Organic Whole Wheat Hot Dog (2 oz.)
130 250

Dave’s Killer Bread Organic 21 Whole Grains and Seeds Burger (2 oz.)
160 280

✔ Angelic Bakehouse 7 Sprouted Whole Grains—Burger or Hot Dog (2 oz.)
140 290

Arnold, Brownberry, or Oroweat Honey Wheat Sandwich Thins (2 oz.)
150 290

Arnold, Brownberry, or Oroweat 100% Whole Wheat Sandwich Thins (2 oz.)
140 300

Arnold, Brownberry, or Oroweat Multigrain Sandwich Thins (2 oz.)
150 300

Arnold Flax & Fiber Sandwich Thins (2 oz.)
150 300

Arnold, Brownberry, or Oroweat 100% Whole Wheat Hot Dog (2 oz.)
150 330

**Pitas & Naans (1 pita or naan)**

✔ 365 (Whole Foods) Organic Whole Wheat Pita Pockets (2.3 oz.)
160 250

✔ Toufayan Whole Wheat Pita (2 oz.)
160 260

Stonefire Ancient Grain Mini Naan (1.8 oz.)
150 350

✔ 365 (Whole Foods) Whole Wheat Tandoori Naan (3 oz.)
270 470

Stonefire Whole Grain Naan (4.4 oz.)
380 800

**Corn Tortillas (1 tortilla)**

✔ La Tortilla Factory Organic Yellow Corn (1.1 oz.)
60 0

✔ Maria and Ricardo’s White Corn (0.9 oz.)
60 5

✔ Food for Life Organic Authentic Sprouted Corn (0.8 oz.)
60 55

✔ Maria and Ricardo’s Soft Yellow Corn & Wheat (1.4 oz.)
100 95

**Flour Tortillas & Wraps (1 tortilla or wrap)**

✔ Food for Life Ezekiel 4:9 Sprouted Grain Tortillas, taco (1 oz.)
70 60

✔ Maria and Ricardo’s Organic Sprouted Grain Tortillas (1.3 oz.)
110 90

✔ Angelic Bakehouse Reduced Sodium 7-Grain Wraps (1.9 oz.)
100 115

✔ Food for Life Ezekiel 4:9 Sprouted Grain Tortillas (2 oz.)
140 125

✔ Maria and Ricardo’s Whole Wheat Plus Tortillas (1 oz.)
45 130

✔ La Tortilla Factory Low Carb Whole Wheat—Organic, Original Size, or Quinoa + Flax (1.3–1.5 oz.)
60 200

✔ La Tortilla Factory Wraps—MultiGrain or Whole Wheat (1.4 oz.)
60 200

✔ Fiber One Honey Wheat Wraps (1.5 oz.)
80 220

✔ La Tortilla Factory Light Whole Wheat Tortillas (1.4 oz.)
80 230

✔ La Tortilla Factory Sprouted Organic Whole Wheat Tortillas (1.3 oz.)
100 240

✔ Maria and Ricardo’s Quinoa Flour Tortillas (1.5 oz.)
100 250

✔ Maria and Ricardo’s Organic Whole Wheat Tortillas (1.5 oz.)
130 250

✔ Fiber One Garden Vegetable Wraps (1.5 oz.)
80 260

✔ 365 (Whole Foods) Organic Whole Wheat Tortillas (1.8 oz.)
130 260

✔ Angelic Bakehouse 7-Grain Wraps (1.5 oz.)
100 270

✔ Angelic Bakehouse Garden Wraps—Spring Kale Spinach, Turmeric Sweet Potato, or Vibrant Beet (1.3 oz.)
100 270

✔ La Tortilla Factory Whole Wheat Tortillas, soft taco (0.6 oz.)
120 270

✔ Mission Whole Wheat Soft Taco Tortillas (1.6 oz.)
110 380

✔ Mission Whole Wheat Fajita Tortillas (1 oz.)
140 490

✔ Mission Garden Spinach Herb Wraps (2.5 oz.)
220 540

**Grain-Free (1 tortilla, wrap, or thin, unless noted)**

✔ Trader Joe’s Jicama Wraps (2 wraps, 1.3 oz.)
15 0

✔ 365 (Whole Foods) Cassava Flour Tortillas (0.9 oz.)
80 40

✔ EggLife Rye Style Egg White Wraps (1 oz.)
30 115

✔ EggLife Organic Egg White Wraps (1 oz.)
25 120

✔ Outer Aisle PlantPower Sandwich Thins—Italian, Jalapeño, or Original (1 thin, 1.1 oz.)
50 130

✔ EggLife Italian Style Egg White Wraps (1 oz.)
30 150

✔ EggLife Southwest Style Egg White Wraps (1 oz.)
30 170

✔ Outer Aisle PlantPower Everything Sandwich Thins (1 thin, 1.1 oz.)
60 240

✔ Outer Aisle PlantPower Pizza Crusts & Wraps—Italian or Jalapeño (2.5 oz.)
120 310

✔ Best Bite. ✔ Honorable Mention. ※Contains refined starches or non-trivial amounts of grains that aren’t whole. ▼Contains sucralose. 1 Average of the varieties listed.

Daily Sodium Limit: 2,300 milligrams.

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**FOOD FIND**

**Take a Dip**

It’s a plant-based dip for your veggies or crackers. It’s a nutty sauce for your pasta or other grains. It’s a tangy topper for your meal’s main event.

It’s Trader Joe’s Romesco Dip.

Never heard of it? “This bright and zesty Spanish inspired sauce is made with roasted red peppers, tomatoes and crushed almonds,” the label helpfully explains.

Zesty is right. Garlic, vinegar, parsley, and crushed red pepper see to that. Just reach into the refrigerator case for a tub, and you’re good to go.

Each serving (2 tablespoons) has only 35 calories and 140 milligrams of sodium. Saturated fat? Zero.

And you’re getting healthy fats from almonds and olive oil…so it’s also vegan.

Way to go, Joe!

And while you’re at it, check out his cucumber-dill Tzatziki, which is perfect for veggie dunking. Or spoon his Zhoug (“a very spicy green herbal sauce with Yemeni roots”) on chicken, fish, or anything that could use a fresh-tasting hit of cilantro and jalapeño.

Want a do-it-yourself romesco? It’s a snap, says Healthy Cook Kate Sherwood.

In a small food processor, purée 2 roasted red peppers with 2 Tbs. almonds, 2 Tbs. extra-virgin olive oil, 1 tsp. red wine vinegar, and ¼ tsp. kosher salt.

Mmm. Need we say more?

traderjoes.com—(626) 599-3700

**FOOD FAIL**

**A Latta Dyed Sugar**

“Post Dunkin’ Caramel Macchiato Cereal is brought to life with crunchy cereal pieces and caramel-swirled marshmallows, creating the deliciously indulgent taste of the layered iced coffee beverage,” announced the Post/Dunkin’ joint press release.

A cereal that tastes like a coffee beverage? What took them so long!

All they needed was some good old American ingenuity...plus a few vats of corn flour, sugar, modified cornstarch, corn syrup, dextrose, gelatin, sodium hexametaphosphate, Yellow 5, Red 40, Blue 1, Yellow 6, corn meal, canola oil, salt, coffee concentrate, natural and artificial flavor, trisodium phosphate, BHT, and a handful of vitamins and minerals.

Yum!

The Mocha Latte Cereal has nearly the same ingredients. And—attention added-sugar lovers!—a 150-calorie serving of either cereal racks up about a third of a day’s limit.

“The new cereals contain very small amounts of caffeine, roughly a 10th of a cup of coffee, so all can indulge in the rich coffee-forward experience,” says the press release.

“Now you can have your coffee and eat it, too!” adds the products’ website.

That’s true...if your coffee is roughly half corn flour and half sugar plus food dyes.

dunkincereal.com—(800) 431-7678

**DISH of the month**

**Sunshine Salad for Four**

Whisk together 1 Tbs. olive oil, 2 tsp. lemon juice, 1 Tbs. reduced-sodium soy sauce, 1 sliced scallion, and 1 tsp. grated ginger. Toss with 8 cups salad greens and 1 cup each quinoa, avocado, and mango.

traderjoes.com—(626) 599-3700