



Banish Belly Fat—and Take Back
Your Health—While Eating the
Brand-Name Foods You Love!

EAT IT TO
BEAT IT!

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Meal Plans, Tips, and Resources

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A
PERFECT
WEEK OF
EATING

This audiobook is filled with smart swaps, enlightening nutritional advice, and weird science facts about food. But what does it all mean, in the end? How can you use *Eat It to Beat It!* to actually change the way you eat, day by day, week by week—and start losing weight and beating back your greatest health risks? And how can you do it without cardboard-like diet food or expensive nutritional supplements or quitting your job to go to culinary school?

Eat It to Beat It! is all about eating your favorite foods—the ones you’ve been enjoying since childhood—and making smart tweaks (and a handful of easy recipes, when you have time), to strip off the pounds without ever going on a diet. To that end, I’ve mined through the best products in the supermarket, the top dishes at your favorite restaurants, and some of my own most-loved recipes, and created this never-boring-or-expensive plan for a week of eating for optimum health.

Each day gives you less than 1,700 calories, leaving wiggle room for a snack or two (to maintain a healthy weight, moderately active, adult women should top out at 1,800 calories a day, men at 2,000). But be careful: It’s not what you eat that can screw you up, but what you drink. Throw three 16-ounce Mountain Dews into the mix and you’ve dumped 660 calories of chartreuse sugar on top of your perfectly calculated week.

A PERFECT WEEK OF EATING

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY 	Thin Elvis Oatmeal (page 324) 350 cal	2 Slices Pizza Hut Hand-Tossed Veggie Lovers 360 cal	Halibut a La UPS (page 329) 200 cal	½ cup Häagen-Dazs Vanilla 250 cal
MONDAY 	The Red, White, & Blue Brain (page 312) 210 cal	Thoughtful Turkey Salad (page 312) 520 cal	Wendy's Jr. Cheeseburger Deluxe with kid's fries 570 cal	Wholly Wholesome Bake at Home Apple Pie 310 cal
TUESDAY 	Kashi Autumn Wheat Biscuits with ½ cup 1% milk 230 cal	Amy's Organic Lentil Vegetable Soup with 1 slice Vermont Bread Co. Whole Wheat 230 cal	Trouble-Skirting Skirt Steak (page 317) 300 cal	Dairy Queen Small Caramel Sundae 300 cal
WEDNESDAY 	Starbucks Steel-Cut Oatmeal with Fruit, Nuts & Seeds 220 cal	Helen's Kitchen Fiesta Black-Bean Bowl 290 cal	Longhorn Steakhouse Flo's Filet 880 cal	Cold Stone Creamery Berry Trinity Smoothie 160 cal

A PERFECT WEEK OF EATING

THURSDAY

1,205
total
calories

BREAKFAST

Green Eggs
& Ham
(page 320)
430 cal

LUNCH

Jack in the Box
Grilled Chicken
Salad with Low-fat
Balsamic Dressing
245 cal

DINNER

The Bossest
Sausage
(page 333)
270 cal

SNACK

2 Kashi Soft
Oatmeal Dark
Chocolate
Cookies 260 cal

FRIDAY

1,261
total
calories

Panera Bread
Breakfast Power
on Whole Grain
340 cal

Kashi Chicken
Florentine
290 cal

Carraba Spaghetti
Pomodoro on
Whole Wheat
431 cal

KIND
Fruit and Nut
Delight Bar
200 cal

SATURDAY

1,420
total
calories

Forgive Us
Our Cinnamon
Oatmeal
(page 332)
450 cal

Subway Roast
Beef Sandwich
290 cal

Two to Tango
Mango Tacos
(page 321)
390 cal

Au Bon Pain
Chocolate-Dipped
Cranberry
Almond Coconut
Macaroon 290 cal





PRODUCE

Like most people, you probably don't spend a lot of time exploring the produce section. We've been told so much about "superfoods" like spinach, broccoli, and blueberries that most of us figure if we can eat one of those three, and maybe toss in an orange from time to time, we're good to go.

But eating only a handful of fruits and vegetables is like listening only to *The Joshua Tree*. Among the best? Sure, but there's a whole world of hard-rocking U2 hits out there, and why live without them? You might even find your most favorite song of all on an obscure early album. (I'm a fan of *Live at Red Rocks* myself.)

Same goes for fruits and vegetables. You may have even heard that certain types of produce, like celery, cucumbers, or potatoes weren't that rich in nutrients, so maybe you skip them and just concentrate on the aforementioned "superfoods." But in reality, scientists are discovering new micronutrients practically every day, and they're finding them in all sorts of produce. Chances are, we'll learn something in just the next few years that completely

PRODUCE





How to **EAT IT!** to **BEAT IT!**

changes the way we look at grapefruit or ginger or green beans. So don't make the mistake of limiting yourself. You could be missing the nutritional equivalent of *Achtung, Baby*.

And as you explore the produce aisle, you may want to take a look in the organic section. Many of our reliable foods are treated with pretty high levels of chemicals designed to kill bugs, mold, and more, and many absorb those chemicals into their skins and retain them. Pesticides and herbicides that have been linked to weight gain and other health issues are still being used regularly; others were banned years ago, but still linger in our soil. Of course, organic is usually more expensive, and a lot of produce that's raised conventionally is mostly pollutant free—so if you want to go organic, you need to consider only the produce highlighted in **green**.

Apples

Polyphenols in apples can regulate blood sugar and improve heart and vascular health. The fiber helps keep you satiated and decreases the amount of fat in your blood. Smaller apples pack more flavor and more nutrients.

Artichokes

High fiber and packed with antioxidants. Look for a rich green color and tightly closed leaves.

Arugula

Rich in immune-boosting, cancer-fighting glucosinolates. Look for bright green leaves, avoid it if it's started to yellow. Bigger leaf=more bitter taste.

Asparagus

High in vitamin K, which works with vitamin D to build strong bones. Also high in phytonutrients called saponins, which are anti-inflammatory and help improve blood pressure and

control blood fat levels. To make asparagus last longer, trim the bottoms and stand them upright in a little water; cover with plastic and put in the fridge.

Avocados

High in heart-healthy monounsaturated fat, they're also loaded with anti-inflammatories and they help regulate blood sugar. To ripen more quickly, put them in a paper bag with an apple and leave at room temperature.

Bananas

The best source of blood-pressure-regulating potassium. Also high in fiber and B6, which protects your brain from cognitive decline.

Beets

Packed with antioxidant, anti-inflammatory, and detoxifying phytochemicals. High in folate, which reduces the amount of homocysteine in your blood, reducing your risk of heart disease.

Bell Peppers

Rich source of vitamin C and carotenoids, but go for the red, orange, or yellow varieties. Green peppers are unripened, and lower in nutrients.

Blueberries

Due to their high flavonoid content, blueberries have been shown to improve brain health, eye health, and heart function and to help regulate blood sugar. They don't store well, so if they're ripe, eat 'em. Wild blueberries, available in your freezer section, are even more powerful.

Bok Choy

Rich in cancer-fighting glucosinolates and high in immune-boosting vitamin C. Plus, it's just fun to say "bok choy."

Broccoli

High in phytonutrients, powerful cancer and inflammation fighters, and in vitamin K, which helps build strong bones.



Don't worry about the stems—most of the good stuff is in the more tender florets.

Brussels Sprouts

Very high in cancer-fighting glucosinolates. Look for smaller heads, which are sweeter, and cut an X in the bottom of the stem to reduce bitterness further.

Cabbage

Rich in immune-boosting, cancer fighting glucosinolates and high in vitamin K. Eat more cole slaw.

Cantaloupe

High in beta-carotene (thirty times more than oranges) and vitamins A and C. Research suggests it is protective against metabolic syndrome (the combination of weight gain, diabetes, and heart disease).

Carrots

Vitamin A powerhouse, chock-full of antioxidants, offering cardiovascular and cancer protection. Buy them with greens attached, to preserve freshness.

Cauliflower

High in vitamin C and fiber, it also has compounds called isothiocyanates that are shown to block the progression of some aggressive cancers. Don't store it near fruit, as it will go bad more quickly.

Celery

High in luteolin, which reduces age-related inflammation in the brain and protects against age-related memory loss. Avoid wobbly or cracked stalks.

Chard

High in vitamins K and A and metabolism-protecting magnesium. Also contains syringic acid, which can help regulate blood sugar.

Collard Greens

Vitamin K explosions, extremely efficient at shuttling fats from the body and lowering cholesterol. Look for smaller leaves, which are more tender.

PRODUCE





Corn

High in fiber and good for digestive health. Peel the top of the husk and press a kernel with your fingernail. If it spits at you, it's ripe.

Cucumber

Contains polyphenols called lignans that are protective against cardiovascular disease and various cancers.

Eggplant

Skin contains a compound called nasunin, which is a potent antioxidant, specifically targeting free radicals that affect the brain.

Fennel

Contains antioxidants like kaempferol, quercetin, anethole, and limonene, which give it powerful anti-inflammatory and anti-cancer properties.

Figs

High in satiating fiber—about 1½ gram in each fruit—and polyphenols, which can reduce cancer risk.

Garlic

Contains the sulfur compound allicin, which is protective against cancer, heart disease, and may even interrupt the formation of fat cells. It also wipes out *Helicobacter pylori* bacteria, which causes peptic ulcers. If it has a powdery substance on the head, it's moldy.

Ginger

Rich in antioxidants, it can reduce cholesterol levels, and ease nausea and soothe an upset stomach by breaking down fatty foods and digesting proteins.

Grapefruit

Packed with free-radical-cleansing vitamin C, has been shown to be protective against gum disease, prevent kidney stones, and protect against cancer. (May interfere with some prescription drugs.)

Grapes

Red grapes contain the potent antioxidant resveratrol, which has been linked to longevity. Grapes are also good sources of potassium.

Green Beans

High in fiber and packed with antioxidants. Use them as a snack with dip in place of chips.

Honeydew

High in heart-protecting potassium and inflammation-battling vitamin C.

Kale

Very high in vitamin K, beta carotene, and lutein; all are protective of heart health and vision health. Also, a great non-dairy source of bone-protecting calcium.

Kiwi

High in fiber and vitamin C, protects against DNA damage, macular degeneration, and heart disease.

Leeks

Contain the flavonoid kaempferol, which can protect the lining of our blood vessels from oxidative stress.

Lemons/Limes

High in phytonutrients called flavonol glycosides, which protect against cell damage, and in compounds called limonoids, which protect against various cancers.

Lettuce (Green or Romaine)

High in heart-healthy vitamin C and vitamin K, which helps blood clot properly and protects our bones.

Mangoes

High in fiber and vitamin C.

Mushrooms (Shiitake)

Filled with immune-building, cancer-protecting, cholesterol-lowering compounds like lentinan. Plus a good non-animal source of iron.



Onion

High in cancer-fighting quercetin. Also contains a peptide called GPCS that is protective against osteoporosis.

Oranges

Contains the phytonutrient hesperidin, which has been shown to lower high blood pressure and cholesterol. Also high in vitamin C.

Peaches

High in fiber, vitamin A, and potassium. And an antioxidant called chlorogenic acid, which helps fight free-radical damage.

Pears

The flesh isn't particularly nutritious, but the skin contains anti-inflammatory flavonoids and anti-cancer compounds, plus lots of fiber.

Pineapple

High in vitamin C and manganese, which helps give you energy and fight infections.

Plums

Contain powerful antioxidant phenols that are particularly good at targeting free radicals that attack our brains.

Potatoes (Red)

Contain blood-pressure-lowering phytochemicals known as kukoamines that rival the amounts found in broccoli.

Raspberries

Contain an antioxidant called rheosim that increases fat cell metabolism. Also high in cancer-fighting antioxidants and belly-busting fiber. Don't wash them until right before you eat them, or they will go mushy.

Spinach

Molecules called glycolipids can help protect the lining of your digestive tract from free-radical damage.

Squash (Butternut)

Packed with immune-boosting vitamin A and starch

compounds called polysaccharides that have powerful antioxidant, anti-inflammatory, blood-sugar-regulating qualities.

Strawberries

Packed with vitamin C and anti-inflammatory phytonutrients like anthocyanins, ellagitannins, flavonols, terpenoids, and phenolic acids.

Sweet Potatoes

These beta-carotene superheroes are also packed with antioxidant anthocyanin pigments, which can protect against vision loss, cancer, hypertension, and age-related mental decline. Plus, when else can you justify eating melted marshmallows?

Tomatoes

High in the cancer-fighting carotenoid lycopene. Off-season, choose Romas or cherry tomatoes.

Watermelon

High in lycopene and the amino acid citrulline, which is converted to arginine in the body, which relaxes blood vessels and improves blood flow.

Zucchini/Yellow Squash

High in fiber and vitamin C, along with free-radical-scrubbing lutein and zeaxanthin.

THE
EAT IT TO
BEAT IT!
NO-FLY
ZONE

I'm not going to tell you not to eat your favorite foods—pizza, wings, burgers, steaks, ice cream, chocolate, you name it. And I'm not going to tell you not to go to your favorite restaurants—McDonald's, Baskin-Robbins, Panera Bread, TGI Friday's, whatever tickles your fancy.

But I am going to ask you to do one thing: to stand with me against the foods that are simply too outrageously bad for us. To say, in the immortal words of the guy in that *Babe* movie, “That’ll do, pig.”

You see, you and I are the lucky ones. We’re educating ourselves about nutrition, and learning that we can eat all our favorite foods and still lose weight, beat back the threat of diabetes and heart disease, and protect ourselves from a host of modern ills. With this book in hand, you can venture into any restaurant or supermarket and know you’re spending your money wisely and healthfully for you and your family.

But that’s not where our responsibility ends. There are a lot of unsuspecting people out there—especially young people—who

have no idea how vulnerable they are. We need to let today's big chain restaurants know that they can't serve us food that has more than an entire day's worth of calories, fat, salt, or, worst of all, trans fats.

And yet, that's just what's happening.

LET'S MAKE A STAND!

Our food isn't getting better, it's getting worse. So I'm asking you to join me in taking a pledge: a pledge not to order any of these restaurant items until the folks behind these recipes manage to bring their fat, salt, calorie, and trans fat counts down to an entire day's worth. That's right, I'm not asking for diet food. I'm just asking for a return to sanity. We shouldn't be sold any food that's more than 1,800 calories—the most that a woman should eat in one day; or more than 65 grams of fat, 2,400 milligrams of sodium, or 2 grams of trans fat. And if you try to sell it to us, we ain't buying.

Some of these foods break one of the boundaries of reason. Some break two or more. But all of them should be avoided, period.

Consider this your No-Fly Zone.

RESTAURANT	FOOD ITEM	FAT No more than 65 g			SODIUM No more than 2,400 mgs	
		CALORIES No more than 1,800			TRANS FAT No more than 2 g	
A&W	Cheese Curds, Large		80	2,440		
A&W	Reese's Peanut Butter Fudge Blendrrr (32 oz)		79			
A&W	Large Fries				4.5	
A&W	Large Breaded Onion Rings				7	
Applebee's	Appetizer Sampler	2,370		6,120		
Applebee's	Oriental Chicken Rollup			3,220		
Applebee's	Applebee's Reuben			5,240		
Applebee's	Oriental Grilled Chicken Salad, regular		81			
Applebee's	Crispy Orange Chicken			2,530		
Applebee's	Chicken Fried Chicken			6,090		
Applebee's	Chicken Fajita Rollup			3,060		
Applebee's	4-Cheese Mac & Cheese, with Honey Pepper Chicken Tenders		92	4,300		
Applebee's	Lemon Shrimp Fettuccine			5,160		
Applebee's	American BLT		95	3,190		
Applebee's	Four-Cheese Grille			2,950		
Applebee's	Clubhouse Grille		68	2,940		
Applebee's	Fried Chicken Salad, regular		76	2,510		
Applebee's	Shrimp Combo Platter			5,200		
Applebee's	Sizzling Skillet Fajitas—shrimp			6,110		
Applebee's	Quesadilla Burger		105			
Applebee's	Chocolate Chip Cookie Sundae		75			
Applebee's	Fiesta Lime Chicken + sides		65			
Applebee's	California Shrimp Salad, regular		66			
Applebee's	Double Crunch Shrimp		71			
Applebee's	Cowboy Burger		74			
Applebee's	Blue Ribbon Brownie		77			
Applebee's	Pecan-Crusted Chicken Salad, regular		78			
Applebee's	Southwest Jalapeño Burger		79			
Applebee's	Bourbon Black & Bleu Burger		90			
Applebee's	Hand-Battered Fish & Chips		108			
Applebee's	New England Fish & Chips		126			
Baja Fresh	Steak Nacho Burrito			3,224		
Baskin-Robbins	Chocolate Chip Cookie Dough Shake, large		72			
Bertucci's	Spaghetti with Meatballs, with Bolognese Sauce	1,880		3,740		

RESTAURANT	FOOD ITEM	FAT No more than 65 g		SODIUM No more than 2,400 mgs	
		CALORIES No more than 1,800			TRANS FAT No more than 2 g
Bertucci's	Baked Tortellini & Chicken Gratinati		67	4,120	
Bertucci's	Pesto Grilled Salmon		86		
Blimpie's	Meatball Parmigiana, large			3,640	
Blimpie's	Special Vegetarian (Doritos Sub), large			3,540	
Blimpie's	Veggie Supreme, large			3,000	
Blimpie's	Chicken Cheddar Bacon Ranch			3,240	
Bob Evans	Smokehouse Fried Chicken Sandwich			2,833	
Boston Market	Meatloaf, large				3
Boston Market	St. Louis Style BBQ Ribs, ½ rack		74	3,150	
Burger King	BK Ultimate Breakfast Platter		84	2,920	
Carl's Jr.	The Western Bacon Six Dollar Burger			2,440	
Carl's Jr.	Biscuits & Gravy				7
Carrabbas	Calamari Ricardo, regular		157		11
Carrabbas	Sostanza With Shrimp			3,339	
Carvel	Carvelanche M&Ms, large		98		
Carvel	Carvelanche Reese's, large		91		
Carvel	Peanut Butter Cup Sundae Dasher, large		111		
The Cheesecake Factory	Shepherd's Pie (lunch)			3,211	
The Cheesecake Factory	B.B.Q. Pulled Pork Sandwich			2,608	
The Cheesecake Factory	Factory Burrito Grande	1,839		3,776	
The Cheesecake Factory	Stuffed Chicken Tortillas			2,847	
The Cheesecake Factory	Shepherd's Pie			4,209	
The Cheesecake Factory	Sunrise Fiesta Burrito			4,600	
The Cheesecake Factory	Orange Chicken			2,850	
The Cheesecake Factory	Chicken and Biscuits	2260	68	2,866	
The Cheesecake Factory	Spicy Cashew Chicken	1,809		4,450	
The Cheesecake Factory	Teriyaki Chicken			2,793	
The Cheesecake Factory	Pasta Carbonara	2,134			
The Cheesecake Factory	Fettuccini with Chicken and Sun-Dried Tomatoes	1,832			
The Cheesecake Factory	Louisiana Chicken Pasta	2,052			
The Cheesecake Factory	Farfalle with Chicken and Roasted Garlic	2,193			
The Cheesecake Factory	Bistro Shrimp Pasta	2,285			
The Cheesecake Factory	Miso Salmon			2,416	
The Cheesecake Factory	Steak Diane and Chicken Madeira			2,477	

RESTAURANT	FOOD ITEM	FAT No more than 65 g			SODIUM No more than 2,400 mgs	
		CALORIES No more than 1,800			TRANS FAT No more than 2 g	
The Cheesecake Factory	Beef Ribs				2,310	
The Cheesecake Factory	Monte Cristo Sandwich				2,775	
The Cheesecake Factory	French Toast with Bacon	1,849			3,114	
Chili's	Texas Cheese Fries		117		5,270	
Chili's	Bacon Ranch Steak Quesadilla		139			
Chili's	Boneless Buffalo Chicken Salad				4,720	
Chili's	Quesadilla Explosion Salad		96		3,090	
Chili's	Bacon Avocado Chicken Sandwich		76		3,890	
Chili's	Honey-Chipotle Chicken Crispers		77		4,100	
Chili's	Skillet Chocolate Chip Cookie		71			
Cold Stone	Cake n Shake		69			
Cold Stone	Mud Pie Mojo, Gotta Have It		80			
CPK	Italian Deli Sandwich, with Herb Cheese				3,190	
CPK	Full Moroccan Spiced Chicken Salad		99			
CPK	Chicken Milanese		76			
Dairy Queen	Georgia Mud Fudge Blizzard, large		79			4
Denny's	Double Cheeseburger					4
Denny's	The Grand Slamwich, with hash browns		102		3,690	
Denny's	Fish and Chips		73			
Denny's	BBQ Bacon Cheddar Burger with fries		88			
Denny's	Oreo Milk Shake		73			4
Friendly's	Hunka Chunka Pb Fudge Lava Cake Sundae		107			
Friendly's	Giant Crowd Pleaser Sundae	2,390				
Friendly's	Reese's Peanut Butter Cup 5 Scoop		70			
Friendly's	Caramel Fudge Oreo Brownie Sundae		66			
Friendly's	Kickin' Buffalo Chicken Strips		116		3,040	
Friendly's	Loaded Waffle Fries		119		4,830	
Friendly's	Honey BBQ Chicken Supermelt		78		2,410	
IHOP	Mega Monster Cheeseburger					4
IHOP	Fried Chicken Dinner		84		3,980	4
IHOP	Country/Chicken Fried Steak & Eggs, with Sausage Gravy		115		4,550	
IHOP	Crispy Chicken Salad, with Fried Chicken		88		2,770	
IHOP	Chicken Clubhouse Stacker		83		2,750	
Jack in the Box	Sirloin Swiss & Grilled Onion Burger with Bacon		69			

RESTAURANT

FOOD ITEM

RESTAURANT	FOOD ITEM	FAT		SODIUM	
		Calories	g	mg	g
Jake's Wayback	Jake's Wayback Triple Triple Burger		125		
Long Horn	Western Cheese Fries			4,940	
Long Horn	Bananas Foster Cheesecake		98		
Long John Silver's	Breaded Clam Strips snack box				7
Long John Silver's	Battered Onion Rings, 5pc				7
Long John Silver's	Baja Fish Taco				9
Long John Silver's	Fries				4
Nathan's	Nathan's Famous 4:1 Skinless Cheese Dog				3.5
Nathan's	Nathan's Famous 8:1 Natural Casing Cheese Dog				3
Nathan's	Nathan's Famous 6:1 Skinless Cheese Dog				3.5
Nathan's	Chili Cheese Fries		72		
Olive Garden	Chicken & Shrimp Carbonara		88	3,000	
Olive Garden	Tour of Italy		74	3,830	
Olive Garden	Lasagna Classico			2,830	
Olive Garden	Fettuccine Alfredo		75		
Olive Garden	Chicken Alfredo, dinner		82		
Olive Garden	Chicken & Shrimp Carbonara			3,000	
Olive Garden	Seafood Alfredo			2,430	
Olive Garden	Spaghetti with Italian Sausage		67	3,090	
Olive Garden	Chicken Parmigiana			3,380	
Olive Garden	Stuffed Chicken Marsala			2,830	
Olive Garden	Chicken Parmigiana Sandwich, whole			2,580	
Olive Garden	Classic Shrimp Scampi Fritta Sandwich, whole			2,590	
Olive Garden	Spicy Shrimp Scampi Fritta Sandwich, whole			2,750	
On the Border	Grande Taco Salad - Chicken, without Dressing		75		
On the Border	Grande Taco Salad - Ground Beef, without Dressing		85		
On the Border	Firecracker Stuffed Jalapeno, with Original Queso	1,910	135	6,050	
On the Border	New Mexico Border Style Combo		68		
On the Border	Border Sampler	2,060	142	4,110	
On the Border	Baja Border Style Combo		85	2,710	
On the Border	Chicken Salsa Fresca			2,410	
On the Border	Dos XX Fish Tacos, with Creamy Red Chili Sauce	1,950	121	3,540	
On the Border	Southwest Chicken Tacos, with Creamy Red Chili Sauce			2,920	
On the Border	Brisket Tacos, with Jalapeño BBQ Sauce			3,820	

RESTAURANT	FOOD ITEM	FAT No more than 65 g			SODIUM No more than 2,400 mgs	
		CALORIES No more than 1,800				TRANS FAT No more than 2 g
On the Border	Pork Guajillo Tacos, with Guajillo Steak Sauce				2,410	
On the Border	Superior Dinner		82		3,280	
On the Border	Big Steak Bordurrito, with Side Salad without Dressing		89		3,480	
On the Border	Classic Chimichanga Chicken, without Sauce		79			
On the Border	Classic Chimichanga Ground Beef, without Sauce		90		2,440	
On the Border	Three Sauce Fajita Chicken Burrito				4,540	
On the Border	Three Sauce Fajita Steak Burrito				3,330	
On the Border	Border Brownie Sundae, with Vanilla Ice Cream		72			
On the Border	The Ultimate Fajita		96		2,750	
On the Border	Grilled Enchilada - Pepper Jack Chicken				2,990	
On the Border	Grilled Enchilada - Smoky Beef Brisket				2,510	
On the Border	Ranchiladas		66		3,180	
On the Border	Tres Enchiladas - Cheese & Onion, with Chile con Carne		66		2,820	
On the Border	Tres Enchiladas - Ground Beef, with Chile con Carne				2,510	
On the Border	Lunch Fajita Nachos - Chicken				2,850	
On the Border	Dos XX Fish Tacos lunch		82		2,610	
On the Border	Brisket Tacos lunch				2,800	
Outback Steakhouse	Chocolate Thunder from Down Under		105			
Outback Steakhouse	Aged Cheddar Bacon Burger		72			
Outback Steakhouse	Classic Cheeseburger with American Cheese					2.5
Outback Steakhouse	Classic Cheeseburger with Cheddar					2.3
Outback Steakhouse	Classic Cheeseburger with Provolone					2.7
Outback Steakhouse	Classic Cheeseburger with Swiss Cheese					2.7
Outback Steakhouse	Double Burger		73		3.3	
Outback Steakhouse	Prime Rib Dip Sandwich			2,850	3	
Outback Steakhouse	The Bloomin' Burger		70		3	
Outback Steakhouse	The Outbacker Burger				2.3	
Outback Steakhouse	New York Strip Steak 14 oz				2.9	
Outback Steakhouse	Porterhouse 22 oz		78		4.6	
Outback Steakhouse	Ribeye 14 oz				3.9	
Outback Steakhouse	Baby Back Ribs, full rack		77			
Outback Steakhouse	Hand-Breaded Chicken Tenders, Buffalo Style				2	
Outback Steakhouse	New Zealand Rack of Lamb				2.5	
Outback Steakhouse	Aussie Chicken Cobb Salad Crispy, Blue Cheese Dressing		96		2.3	

		FAT		SODIUM		TRANS FAT	
		No more than 65 g		No more than 2,400 mgs			
		CALORIES					
		No more than 1,800					
Outback Steakhouse	Aussie Cheese Fries		134				
Outback Steakhouse	Alice Springs Chicken Quesadillas, large		97		3,095		
Outback Steakhouse	Bloomin' Onion		161				
Outback Steakhouse	Wings		163-173				
Panera	Cheese Tortellini with Alfredo Sauce, large				2,430		
Panera	Full Bacon Turkey Bravo on XL Tomato Basil				2,820		
Panera	Full Smokehouse Turkey on Three Cheese hot panini				2,460		
Perkins	Granny's Country Omelette	1,980	78		5,790		
P.F. Chang's	Shrimp with Candied Walnuts		104				
P.F. Chang's	The Great Wall of Chocolate		72				
P.F. Chang's	Philip's Better Lemon Chicken Lunch		88				
P.F. Chang's	Northern Style Spare Ribs				3,070		
P.F. Chang's	Chang's Spare Ribs				3,750		
P.F. Chang's	Egg Drop Soup Bowl				2,880		
P.F. Chang's	Hot & Sour Soup Bowl				7,980		
P.F. Chang's	Wonton Soup Bowl				3,360		
P.F. Chang's	Chang's Chicken Noodle Soup Bowl				2,400		
P.F. Chang's	Mandarin Chicken				2,930		
P.F. Chang's	Almond & Cashew Chicken				3,780		
P.F. Chang's	Chicken with Black Bean Sauce				3,130		
P.F. Chang's	Mongolian Beef				2,700		
P.F. Chang's	Shaking Beef				2,930		
P.F. Chang's	Beef with Broccoli				3,260		
P.F. Chang's	Pepper Steak				3,000		
P.F. Chang's	Kung Pao Shrimp				2,610		
P.F. Chang's	Shrimp, with Lobster Sauce				2,690		
P.F. Chang's	Hunan Style Hot Fish				3,550		
P.F. Chang's	Lemongrass Grilled Norwegian Salmon				3,180		
P.F. Chang's	P.F. Chang's Fried Rice Combo				2,440		
P.F. Chang's	Lo Mein Chicken				3,040		
P.F. Chang's	Lo Mein Beef				3,180		
P.F. Chang's	Lo Mein Pork				3,130		
P.F. Chang's	Lo Mein Shrimp				3,150		
P.F. Chang's	Lo Mein Vegetable				2,870		

		FAT No more than 65 g		SODIUM No more than 2,400 mgs	TRANS FAT No more than 2 g
		CALORIES No more than 1,800			
P.F. Chang's	Lo Mein combo			3,400	
P.F. Chang's	Singapore Street Noodles			2,750	
P.F. Chang's	Pad Thai Chicken			3,720	
P.F. Chang's	Pad Thai Shrimp			3,840	
P.F. Chang's	Pad Thai Combo			3,780	
P.F. Chang's	Dan Dan Noodles			6,190	
P.F. Chang's	Garlic Noodles			2,990	
P.F. Chang's	Buddha's Feast Stir Fried			3,440	
P.F. Chang's	Ma Pa Tofu			3,450	
P.F. Chang's	Stir-Fried Eggplant			3,350	
P.F. Chang's	Spicy Green Beans, large			2,600	
P.F. Chang's	Shanghai Cucumbers, large			2,540	
P.F. Chang's	Egg Drop Soup Bowl lunch			2,880	
P.F. Chang's	Hot & Sour Soup Bowl			7,980	
P.F. Chang's	Wonton Soup Bowl			3,360	
Popeye's	Cajun Fries, Large				3.5
Quiznos	Bourbon Steak LTO, regular			3,130	
Quiznos	Bourbon Steak LTO, large			4,320	
Quiznos	Black Angus Steak sub, large			3,080	
Quiznos	Roast Beef & Horseradish, large			2,860	
Quiznos	Peppercorn Prime Rib, regular			2,610	
Quiznos	Peppercorn Prime Rib, large		67	3,590	
Quiznos	French Dip, regular			3,180	
Quiznos	French Dip, large		67	4,160	
Quiznos	Double Swiss Prime Rib, regular			2,830	
Quiznos	Double Swiss Prime Rib, large			3,890	
Quiznos	Mesquite Chicken Sub, large			3,260	
Quiznos	Pesto Caesar Chicken Sub, large			2,690	
Quiznos	Baja Chicken Sub, large			3,540	
Quiznos	Carbonara Chicken Sub, large		66	3,340	
Quiznos	Honey Mustard Chicken Sub, large			3,060	
Quiznos	Honey Bourbon Chicken Sub, large			2,550	
Quiznos	Turkey, Ranch & Swiss Sub, large			3,040	
Quiznos	Turkey Bacon Guacamole Sub, regular			2,820	

		FAT No more than 65 g		SODIUM No more than 2,400 mgs	TRANS FAT No more than 2 g
		CALORIES No more than 1,800			
Quiznos	Turkey Bacon Guacamole Sub, large		69	3,870	
Quiznos	Turkey Lite Sub, large			2,680	
Quiznos	Ultimate Club Turkey Sub, regular			2,780	
Quiznos	Ultimate Club Turkey Sub, large			5,820	
Quiznos	Classic Italian Sub, large			3,370	
Quiznos	The Traditional, large			2,890	
Quiznos	Spicy Monterey, large			3,220	
Quiznos	Honey Bacon Club, large			3,400	
Quiznos	Tuna, large			2,740	
Quiznos	Meatball, regular			2,650	
Quiznos	Meatball, large		76	3,560	
Quiznos	Cobb Salad, large		67		
Quiznos	Peppercorn Caesar Salad, large		70		
Quiznos	Broccoli Cheese Soup, large			2,460	
Red Lobster	Spicy Chicken Tortilla Soup, bowl			2,420	
Red Lobster	Seaside Shrimp Trio			3,630	
Red Lobster	Admiral's Feast		70	3,830	
Red Lobster	Ultimate Feast			2,790	
Red Lobster	Parmesan-Crusted Chicken Alfredo		67	2,920	
Red Lobster	Cajun Chicken Linguini Alfredo, full		73	3,370	
Red Lobster	NY Strip and Rock Lobster Tail			2,820	
Red Lobster	Honey BBQ Shrimp and Chicken			2,770	
Red Lobster	Grilled Chicken with Portobello Wine Sauce			2,450	
Red Lobster	Island Grilled Mahi-Mahi and Shrimp			2,420	
Romano's	Parmesan-Crusted Sole		104		
Romano's	Chicken Under a Brick		115	3,640	
Ruby Tuesday	Chicken & Broccoli Pasta		95	2,838	
Ruby Tuesday	Parmesan Chicken Pasta		74	3,481	
Ruby Tuesday	Chicken & Mushroom Alfredo		66	3,401	
Ruby Tuesday	Bacon Cheeseburger, includes fries		79	2,902	
Ruby Tuesday	Classic Cheeseburger, includes fries		74	2,699	
Ruby Tuesday	Ruby's Classic Burger, includes fries		70	2,519	
Ruby Tuesday	Smokehouse Burger, includes fries		86	3,265	
Ruby Tuesday	Triple Prime Bacon Cheddar Burger, includes fries		91	2,586	

		FAT No more than 65 g		SODIUM No more than 2,400 mgs	
		CALORIES No more than 1,800		TRANS FAT No more than 2 g	
Ruby Tuesday	Triple Prime Burger, includes fries		74		
Ruby Tuesday	Triple Prime Cheddar Burger, includes fries		86		
Ruby Tuesday	Spicy Jalapeño Pretzel Cheeseburger, includes fries		87	3,212	
Ruby Tuesday	Portabella Crispy Onion Pretzel Cheeseburger, includes fries		89	3,027	
Ruby Tuesday	Black & Blue Bacon Pretzel Burger, includes fries		90	3,647	
Ruby Tuesday	Bacon Cheese Pretzel Burger, includes fries		101	3,660	
Ruby Tuesday	Avocado Turkey Burger, includes fries		71	2,704	
Ruby Tuesday	Buffalo Chicken Burger, includes fries			3,299	
Ruby Tuesday	Chicken BLT, includes fries			3,042	
Ruby Tuesday	Avocado Grilled Chicken Sandwich, includes fries			2,491	
Ruby Tuesday	Turkey Burger, includes fries			2,459	
Ruby Tuesday	Louisiana Fried Shrimp			3,040	
Ruby Tuesday	Black Fire New York Strip Steak			2,473	
Ruby Tuesday	Ribs & Louisiana Fried Shrimp - BBQ			3,405	
Ruby Tuesday	Ribs & Louisiana Fried Shrimp - Memphis			3,135	
Ruby Tuesday	Parmesan Shrimp Pasta			3,840	
Ruby Tuesday	Cajun Jambalaya Pasta			3,715	
Ruby Tuesday	Chicken & Broccoli Pasta		95	2,838	
Ruby Tuesday	Parmesan Chicken Pasta		74	3,481	
Ruby Tuesday	Chicken & Mushroom Alfredo		66	3,401	
Ruby Tuesday	Santa Fe Chicken Quesadilla, includes fries			2,585	
Sbarro	Pepperoni Stromboli, 1 slice			2,600	
Sbarro	Sausage & Pepperoni Stromboli, 1 slice			2,850	
Sbarro	Fish Fillets Frances		123		
Sbarro	Baked Lasagna			2,470	
Sbarro	Fettuccine Alfredo		115	4,160	
Sbarro	Pasta Rustica with Chicken			3,870	
Sbarro	Pasta Rustica without Chicken			4,500	
Sbarro	Spaghetti with Chicken Parmagiana			3,580	
Sbarro	Spaghetti with Eggplant Parmagiana			2,420	
Sbarro	Linguini with Vegetables			2,670	
Sonic	Supersonic Double Cheeseburger with Mayo		81		
Sonic	Supersonic Double Cheeseburger with Ketchup		76		
Sonic	Supersonic Bacon Double Cheeseburger with Mayo		87		

RESTAURANT	FOOD ITEM	FAT No more than 65 g		SODIUM No more than 2,400 mgs	
		CALORIES No more than 1,800		TRANS FAT No more than 2 g	
Sonic	Supersonic Double Cheeseburger With Mustard		76		
Sonic	Supersonic Jalapeño Double Cheeseburger		76		
Sonic	Oreo Sonic Blast, medium		65		
Sonic	Oreo Sonic Blast, large		93		
Sonic	M&M's Sonic Blast, medium		65		
Sonic	M&M's Sonic Blas, large		94		
Sonic	Reese's Peanut Buttercup Sonic Blast, large		83		
Sonic	Butterfinger Sonic Blast, large		92		
Sonic	Snickers Sonic Blast, medium		67		
Sonic	Snickers Sonic Blast, large		97		
Sonic	Hot Fudge Shake, large		74		
Sonic	Hot Fudge Malt, large		68		
Steak 'n Shake	Slinger Skillet—Sausage			2,700	
Steak 'n Shake	7 X 7 Steakburger		98	4,490	3.5
Steak 'n Shake	Veggie Melt with Portobellos				4
Steak 'n Shake	Chili Deluxe, bowl		74	2,560	
Steak 'n Shake	Chili Cheese Fries, large		67		
Steak 'n Shake	Nacho Fries		68	5,250	
Steak 'n Shake	Sausage Gravy & Biscuits				8
TGI Friday's	Crispy Green Bean Fries		65		
TGI Friday's	Loaded Skillet Chip Nachos		100	4,100	
TGI Friday's	Baby Back Ribs, full rack		72	3,150	
TGI Friday's	Baby Back Ribs, ½ rack			2,440	
TGI Friday's	Jack Daniel's Ribs		73	3,220	
TGI Friday's	Sizzling Chicken & Shrimp		78	2,670	
TGI Friday's	Sizzling Chicken & Cheese		70	2,680	
TGI Friday's	Friday's Shrimp			2,870	
TGI Friday's	Crispy Chicken Fingers		66	2,730	
TGI Friday's	Parmesan-Crusted Chicken			2,600	
TGI Friday's	Hibachi Chicken Skewers			4,760	
TGI Friday's	Hibachi Steak Skewers			3,840	
TGI Friday's	Spicy Craft Beer—Cheese Burger		84	2,540	
TGI Friday's	Steakhouse Bleu Cheese Burger		85	3,290	
TGI Friday's	Jack Daniel's Burger		73	3,500	2

RESTAURANT	FOOD ITEM	FAT No more than 65 g		SODIUM No more than 2,400 mgs	
		CALORIES No more than 1,800			TRANS FAT No more than 2 g
TGI Friday's	Sedona Black Bean Burger		71	3,400	
TGI Friday's	Turkey Burger			2,570	
TGI Friday's	Cheeseburger		71	2,940	
TGI Friday's	New York Cheddar & Bacon Burger		88	3,880	2
TGI Friday's	Jack Daniel's Chicken Sandwich			3,140	
TGI Friday's	Pecan-Crusted Chicken Salad		102		
TGI Friday's	Tennessee BBQ Pulled Pork Sandwich			3,060	
TGI Friday's	Triple Stack Reuben			3,110	
TGI Friday's	Jack Daniel's Black Angus Rib-Eye & Grilled Shrimp Scampi			5,930	
TGI Friday's	Jack Daniel's Black Angus Rib-Eye			4,510	
TGI Friday's	Jack Daniel's Salmon			4,140	
TGI Friday's	Jack Daniel's Salmon & Grilled Shrimp Scampi			5,560	
TGI Friday's	Jack Daniel's Ribs and Shrimp		80	4,140	
TGI Friday's	Jack Daniel's Ribs		73	3,220	
TGI Friday's	Jack Daniel's Flat Iron			2,550	
TGI Friday's	Jack Daniel's Sirloin & Shrimp			3,480	
TGI Friday's	Jack Daniel's Chicken & Shrimp			2,630	
TGI Friday's	Jack Daniel's Chicken			3,120	
TGI Friday's	Jack Daniel's Black Angus Sirloin & Half-Rack of Ribs			3,780	
Uno Chicago Grill	Super Chi-Town Tasting Plate	2,270	146		
Uno Chicago Grill	Mega Size Deep Dish Sundae	2,700	130		
Uno Chicago Grill	Macaroni and Cheese		134		
Uno Chicago Grill	Fish and Chips		89	3,250	
Uno Chicago Grill	Pizza Skins		140		
Wendy's	¾ lb. Triple with Cheese		66		4
Wendy's	Baconator				2.5
Wendy's	½ lb. Double with Cheese				2.5

THE
EAT IT TO
BEAT IT!
FOOD
ADDITIVE
GLOSSARY

There are more than 3,000 natural and chemical additives that can be used in our food today, and as you've seen throughout this book, they aren't always things we'd choose to eat if we knew exactly what they were.

To help you understand a bit better the food labels you'll encounter in your quest for better health, I've put together this glossary that describes and analyzes the most common food additives in the aisles, from the nutritious (inulin) to the downright frightening (interesterified fat).

Acesulfame Potassium (Acesulfame-K)

A calorie-free artificial sweetener 200 times sweeter than sugar. It is often used with other artificial sweeteners to mask a bitter aftertaste.

FOUND IN: More than 5,000 food products worldwide, including diet soft drinks and no-sugar-added ice cream.

WHAT YOU NEED TO KNOW: Although the FDA has approved it for use in most foods, animal studies have linked the chemical to lung and breast tumors and thyroid problems.

Alpha-Tocopherol

The form of vitamin E most commonly added to foods and most readily absorbed and stored in the body. It is an essential nutrient that helps prevent oxidative damage to the cells and plays a crucial role in cell communication, skin health, and disease prevention.

FOUND IN: Meats, foods with added fats, and foods that boast vitamin E health claims.

Also occurs naturally in seeds, nuts, leafy vegetables, and vegetable oils.

WHAT YOU NEED TO KNOW: In the amount added to foods, tocopherols pose no apparent health risks, but highly concentrated supplements might bring on toxicity symptoms such as cramps, weakness, and double vision.

Artificial Flavoring

Denotes any of hundreds of allowable chemicals such as butyl alcohol, isobutyric acid, and phenylacetaldehyde dimethyl acetal. The exact chemicals used in flavoring are the proprietary information of food processors, used to imitate specific fruits, butter, spices, and so on.

FOUND IN: Thousands of highly processed foods such as cereals, fruit snacks, beverages, and cookies.

WHAT YOU NEED TO KNOW: The FDA has approved every item on the list of allowable chemicals, but because they are permitted to

hide behind a blanket term, there is no way for consumers to pinpoint the cause of a reaction they might have had.

Ascorbic Acid

The chemical name for the water-soluble vitamin C.

FOUND IN: Juices and fruit products, meats, cereals, and other foods with vitamin C health claims.

WHAT YOU NEED TO KNOW: Although vitamin C is associated with no known risks, it is often added to junk foods to make them appear healthy.

Aspartame

A near-zero-calorie artificial sweetener made by combining two amino acids with methanol. Most commonly used in diet soda, aspartame is 180 times sweeter than sugar.

FOUND IN: More than 6,000 grocery items including diet sodas, yogurts, and the tabletop sweeteners NutraSweet and Equal.

WHAT YOU NEED TO KNOW: Over the past 30 years, the FDA has received thousands of consumer complaints due mostly to neurological symptoms such as headaches, dizziness, memory loss, and, in rare cases, epileptic seizures. Many studies have shown aspartame to be completely harmless, while others indicate that the additive might be responsible for a range of cancers.

Azodicarbonamide

A chemical compound in the form of a yellow or orangey red, odorless, crystalline powder, used as a bleaching agent or dough conditioner.

FOUND IN: Cereal, flour, and bread

WHAT YOU NEED TO KNOW: It is primarily used as a blowing agent to make foamed plastics and as an additive in synthetic leather. It's

also used to make window and door gaskets, padded floor mats, gym/exercise mats, and shoe soles. It's banned in the UK and Australia.

BHA and BHT (Butylated HydroxyAnisole and Butylated Hydroxytoluene)

Petroleum-derived antioxidants used to preserve fats and oils.

FOUND IN: Beer, crackers, cereals, butter, and foods with added fats.

WHAT YOU NEED TO KNOW: Of the two, BHA is considered the most dangerous. Studies have shown it to cause cancer in the forestomachs of rats, mice, and hamsters. The Department of Health and Human Services classifies the preservative as “reasonably anticipated to be a human carcinogen.”

Blue #1 (Brilliant Blue) and Blue #2 (Indigotine)

Synthetic dyes that can be used alone or combined with other dyes to make different colors.

FOUND IN: Blue, purple, and green foods such as beverages, cereals, candy, and icing.

WHAT YOU NEED TO KNOW: Both dyes have been loosely linked to cancers in animal studies.

Brown Rice Syrup

A natural sweetener about half as sweet as sugar. It is obtained by using enzymes to break down the starches in cooked rice.

FOUND IN: Protein bars and organic and natural foods.

WHAT YOU NEED TO KNOW: Brown rice sugar has a lower glycemic index than table sugar, which means it provides an easier ride for your blood sugar. But there have been studies showing that it can contain high levels of arsenic.

Carrageenan

A thickener, stabilizer, and emulsifier extracted from red seaweed.

FOUND IN: Jellies and jams, ice cream, yogurt, and whipped topping.

WHAT YOU NEED TO KNOW: In animal studies, carrageenan has been shown to cause ulcers, colon inflammation, and digestive cancers. While these results seem limited to degraded carrageenan—a class that has been treated with heat and chemicals—a University of Iowa study concluded that even undegraded carrageenan could become degraded in the human digestive system.

Casein

A milk protein used to thicken and whiten foods and appearing often by the names sodium caseinate or calcium caseinate. It is a good source of amino acids.

FOUND IN: Protein bars and shakes, sherbet, ice cream, and other frozen desserts.

WHAT YOU NEED TO KNOW: Although casein is a by-product of milk, the FDA allows it and its derivatives—sodium calcium caseinates—to be used in “nondairy” and “dairy-free” creamers. Most lactose intolerants can handle casein, but those with broader milk allergies might experience reactions.

Cochineal Extract or Carmine

A pigment extracted from the dried eggs and bodies of the female *Dactylopius coccus*, a beetlelike insect that preys on cactus plants. It is added to food for its dark-crimson color.

FOUND IN: Artificial crabmeat, fruit juices, frozen-fruit snacks, candy, and yogurt.

WHAT YOU NEED TO KNOW: Carmine is the refined coloring, while cochineal extract is comprised of about 90 percent insect-body fragments. Although the FDA receives fewer

than one adverse-reaction report per year, some organizations are asking for a mandatory warning label to accompany cochineal-colored foods. Vegetarians, they say, should be forewarned about the insect juices.

Corn Syrup

A liquid sweetener and food thickener made by allowing enzymes to break corn starches into smaller sugars. USDA subsidies to the corn industry make it cheap and abundant, placing it among the most ubiquitous ingredients in grocery food products.

FOUND IN: Every imaginable food category including bread, soup, sauces, frozen dinners, and frozen treats.

WHAT YOU NEED TO KNOW: Corn syrup provides no nutritional value other than calories. In moderation, it poses no specific threat, other than an expanded waistline.

DATeM

Diacetyl tartaric and fatty acid esters of mono and diglycerides (DATEM) is an emulsifier that is derived from fats from soy, palm, or conola oil, some fruits, and even animal sources. It helps mix fats, oils, and water so they do not separate.

FOUND IN: It's used as a dough strengthener in breads and a foaming agent in spreads and ice creams. It's also used in baked goods, chocolate, chewing gum, and beverages to keep ingredients from separating.

WHAT YOU NEED TO KNOW: When mixed with yeast, DATEM produces MCPDs (mono-chloropropanediol isomers), which studies have found to cause cancer in animals.

Dextrose

A corn-derived caloric sweetener. Like corn syrup, dextrose contributes to the American

habit of more than 200 calories of corn sweeteners per day.

FOUND IN: Bread, cookies, and crackers.

WHAT YOU NEED TO KNOW: As with other sugars, dextrose is safe in moderate amounts.

Erythorbic Acid

A compound similar to ascorbic acid but with no apparent nutritional value of its own. It is added to nitrite-containing meats to disrupt the formation of cancer-causing nitrosamines.

FOUND IN: Deli meats, hot dogs, and sausages.

WHAT YOU NEED TO KNOW: Erythorbic acid poses no risks, and like ascorbic acid, might actually improve the body's ability to absorb iron.

Evaporated Cane Juice

A sweetener derived from sugarcane, the same plant used to make refined table sugar. It's also known as crystallized cane juice, cane juice, or cane sugar. Because it's subject to less processing than table sugar, evaporated cane juice retains slightly more nutrients from the grassy cane sugar.

FOUND IN: Yogurt, soy milk, protein bars, granola, cereals, chicken sausages, and other natural or organic foods.

WHAT YOU NEED TO KNOW: Although pristine sugars are often used to replace ordinary sugars in "healthier" foods, the actual nutritional difference between the sugars is minuscule. Both should be consumed in moderation.

Fully Hydrogenated Vegetable Oil

Extremely hard, waxlike fat made by forcing as much hydrogen as possible onto the carbon backbone of fat molecules. To obtain a manageable consistency, food manufacturers will often blend the hard fat with unhydrogenated liquid fats, the result of which is called interesterified fat.

FOUND IN: Baked goods, doughnuts, frozen meals, and tub margarine.

WHAT YOU NEED TO KNOW: In theory, fully hydrogenated oils, as opposed to partially hydrogenated oils, should contain zero trans fat. In practice, however, the process of hydrogenation isn't completely perfect, which means that some trans fat will inevitably occur in small amounts, as will an increased concentration of saturated fat.

Guar Gum

A thickening, emulsifying, and stabilizing agent made from ground guar beans. The legume, also known as a cluster bean, is of Indian origin but small amounts are grown domestically.

FOUND IN: Pastry fillings, ice cream, and sauces.

WHAT YOU NEED TO KNOW: Guar gum is a good source of soluble fiber and might even improve insulin sensitivity. One Italian study suggested that partially hydrolyzed guar gum might have probiotic properties that make it useful in treating patients with irritable bowel syndrome.

High-Fructose Corn Syrup (HFCS)

A corn-derived sweetener representing more than 40 percent of all caloric sweeteners in the supermarket. In 2005, there were 59 pounds produced per capita. The liquid sweetener is created by a complex process that involves breaking down cornstarch with enzymes, and the result is a roughly 50/50 mix of fructose and glucose.

FOUND IN: Although about two-thirds of the HFCS consumed in the United States are in beverages, it can be found in every grocery aisle in products such as ice cream, chips, cookies, cereals, bread, ketchup, jam, canned fruits, yogurt, barbecue sauce, frozen dinners, and so on.

WHAT YOU NEED TO KNOW: Since around 1980, the U.S. obesity rate has risen proportionately to the increase in HFCS, and Americans are now consuming at least 200 calories of the sweetener each day. Some researchers argue that the body metabolizes HFCS differently, making it easier to store as fat, but this theory has not been proven.

Hydrogenated Vegetable Oil:
See Fully Hydrogenated-Vegetable Oil.

Hydrolyzed Vegetable Protein

A flavor enhancer created when heat and chemicals are used to break down vegetables—most often soy—into their component amino acids. It allows food processors to achieve stronger flavors from fewer ingredients.

FOUND IN: Canned soups and chili, frozen dinners, beef- and chicken-flavored products.

WHAT YOU NEED TO KNOW: One effect of hydrolyzing proteins is the creation of MSG, or monosodium glutamate. When MSG in food is the result of hydrolyzed protein, the FDA does not require it to be listed on the packaging.

Interesterified Fat

A semi-soft fat created by chemically blending fully hydrogenated and nonhydrogenated oils. It was developed in response to the public demand for an alternative to trans fats.

FOUND IN: Pastries, pies, margarine, frozen dinners, and canned soups.

WHAT YOU NEED TO KNOW: Testing on these fats has not been extensive, but the early evidence doesn't look promising. A study by Malaysian researchers showed a 4-week diet of 12 percent interesterified fats increased the ratio of LDL to HDL cholesterol. Furthermore, this study showed an increase in blood glucose levels and a decrease in insulin response.

Inulin

Naturally occurring plant fiber in fruits and vegetables that is added to foods to boost the fiber or replace the fatlike mouthfeel in low-fat foods. Most of the inulin in the food supply is extracted from chicory root or synthesized from sucrose.

FOUND IN: Smoothies, meal-replacement bars, and processed foods trying to gain legitimacy among healthy eaters.

WHAT YOU NEED TO KNOW: Like other fibers, inulin can help stabilize blood sugar, improve bowel functions, and help the body absorb nutrients such as calcium and iron.

L-Cysteine

An amino acid used as a dough strengthener and flavor enhancer.

FOUND IN: Bread and baked goods, sometimes spelled out, sometimes hidden in the bulk term “dough conditioners,” and things that call for “meat flavor,” like packaged frozen dinners and lunches.

WHAT YOU NEED TO KNOW: It is most often derived from duck feathers and human hair. It is generally recognized as safe by the FDA, and does not always have to appear on the label.

Lecithin

A naturally occurring emulsifier and antioxidant that retards the rancidity of fats. The two major sources for lecithin as an additive are egg yolks and soybeans.

FOUND IN: Pastries, ice cream, and margarine.

WHAT YOU NEED TO KNOW: Lecithin is an excellent source of choline and inositol, compounds that help cells and nerves communicate and play a role in breaking down fats and cholesterol.

Maltodextrin

A caloric sweetener and flavor enhancer made from rice, potatoes, or, more commonly,

cornstarch. Through treatment with enzymes and acids, it can be converted into a fiber and thickening agent.

FOUND IN: Canned fruit, instant pudding, sauces, dressings, and chocolates.

WHAT YOU NEED TO KNOW: Like other sugars, maltodextrin has the potential to raise blood glucose and insulin levels.

Maltose (Malt Sugar)

A caloric sweetener about a third as sweet as honey. It occurs naturally in some grains, but as an additive it is usually derived from corn. Food processors like it because it prolongs shelf life and inhibits bacterial growth.

FOUND IN: Cereal grains, nuts and seeds, sports beverages, deli meats, and poultry products.

WHAT YOU NEED TO KNOW: Maltose poses no threats other than those associated with other sugars.

Mannitol

A sugar alcohol that's 70 percent as sweet as sugar. It provides fewer calories and has a less drastic effect on blood sugar.

FOUND IN: Sugar-free candy, low-calorie and diet foods, and chewing gum.

WHAT YOU NEED TO KNOW: Because sugar alcohols are not fully digested, they can cause intestinal discomfort, gas, bloating, flatulence, and diarrhea.

Modified Food Starch

An indefinite term describing a starch that has been manipulated in a nonspecific way. The starches can be derived from corn, wheat, potato, or rice, and they are modified to change their response to heat or cold, improve their texture, and create efficient emulsifiers, among other reasons.

FOUND IN: Most highly processed foods,

low-calorie and diet foods, pastries, cookies, and frozen meals.

WHAT YOU NEED TO KNOW: The starches themselves appear safe, but the nondisclosure of the chemicals used in processing causes some nutritionists to question their effects on health, especially of infants.

Mono- and Diglycerides

Fats added to foods to bind liquids with fats. They occur naturally in foods and constitute about 1 percent of normal food fats.

FOUND IN: Peanut butter, ice cream, margarine, baked goods, and whipped topping.

WHAT YOU NEED TO KNOW: Aside from being a source of fat, the glycerides themselves pose no serious health threats.

Monosodium Glutamate (MSG)

The salt of the amino acid glutamic acid, used to enhance the savory quality of foods. MSG alone has little flavor, and exactly how it enhances other foods is unknown.

FOUND IN: Chili, soup, and foods with chicken or beef flavoring.

WHAT YOU NEED TO KNOW: Studies have shown that MSG injected into mice causes brain-cell damage, but the FDA believes these results are not typical for humans. The FDA receives dozens of reaction complaints each year for nausea, headaches, chest pains, and weakness.

Natural Flavor

According to the FDA, natural flavors are “the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry,

eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.” Translation: any chemical flavor concoction that a chemist can think up, as long as the source of the chemical is from a “natural source.”

FOUND IN: Almost every kind of packaged and prepared foods.

WHAT YOU NEED TO KNOW: The seemingly harmless, even healthy-sounding, term can hide bizarre concoctions dreamed up by “flavorists” in a lab. Things like castoreum, a natural flavor derived from the sex glands of beavers (located right next to the anal glands, so it can contain anal secretions), but apparently it smells like vanilla so it’s used to give some products like ice creams a “natural” vanilla flavor.

Neotame

The newest addition to the FDA-approved artificial sweeteners. It’s chemically similar to aspartame and at least 8,000 times sweeter than sugar. It was approved in 2002, and its use is not yet widespread.

FOUND IN: Clabber Girl and Domino Pure D’Lite.

WHAT YOU NEED TO KNOW: Neotame is the second artificial sweetener to be deemed safe by the Center for Science in the Public Interest (the first was sucralose). It’s considered more stable than aspartame, and because it’s 40 times sweeter, it can be used in much smaller concentrations.

Olestra

A synthetic fat created by pharmaceutical company Procter & Gamble and sold under the name Olean. It has zero-calorie impact and is not absorbed as it passes through the digestive system.

FOUND IN: Light chips and crackers.

WHAT YOU NEED TO KNOW: Olestra can cause diarrhea, intestinal cramps, and flatulence. Studies show that it impairs the body’s ability to absorb fat-soluble vitamins and vital carotenoids such as beta-carotene, lycopene, lutein, and zeaxanthin.

Oligofructose: See Inulin.

Partially Hydrogenated Vegetable Oil

A manufactured fat created by forcing hydrogen gas into vegetable fats under extremely high pressure, an unintended effect of which is the creation of trans fatty acids. Food processors like this fat because of its low cost and long shelf life.

FOUND IN: Margarine, pastries, frozen foods, cakes, cookies, crackers, soups, and nondairy creamers.

WHAT YOU NEED TO KNOW: Trans fat has been shown to contribute to heart disease more so than saturated fats. While most health organizations recommend keeping trans-fat consumption as low as possible, a loophole in the FDA’s labeling requirements allows processors to add as much as 0.49 grams per serving and still claim zero in their nutrition facts. Progressive jurisdictions such as New York City, California, and Boston have approved legislation to phase trans fat out of restaurants, and pressure from watchdog groups might eventually lead to a full ban on the dangerous oil.

Pectin

A carbohydrate that occurs naturally in many fruits and vegetables and is used to thicken and stabilize foods.

FOUND IN: Jellies and jams, sauces, pie filling, smoothies, and shakes.

WHAT YOU NEED TO KNOW: Pectin is a source

of dietary fiber and might help to lower cholesterol.

Polysorbates

A class of chemicals usually derived from animal fats and used primarily as emulsifiers, much like mono- and diglycerides.

FOUND IN: Cakes, icing, bread mixes, condiments, ice cream, and pickles.

WHAT YOU NEED TO KNOW: Polysorbates allow otherwise fat-soluble vitamins to be dissolved in water, an odd trait that seems to have a benign effect. Watchdog groups have deemed the additive safe for consumption.

Propylene Glycol

A preservative, thickening agent, and stabilizer, used to absorb extra water and maintain moisture content.

FOUND IN: Ice cream, yogurt, salad dressings, candy, and cheese

WHAT YOU NEED TO KNOW: While propylene glycol is generally recognized as safe by the USDA, it is also used as antifreeze, and to de-ice airplanes. It is found in electronic cigarettes and used as a plasticizer to make polyester resins.

Propyl Gallate

An antioxidant used often in conjunction with BHA and BHT to retard the rancidity of fats.

FOUND IN: Mayonnaise, margarine, oils, dried meats, pork sausage, and other fatty foods.

WHAT YOU NEED TO KNOW: Rat studies in the early 1980s linked propyl gallate to brain cancer. Although these studies don't provide sound evidence, it is advisable to avoid this chemical when possible.

Red #3 (Erythrosine) and Red #40 (Allura Red)

Food dyes that are orange-red and cherry red, respectively. Red #40 is the most widely used food dye in America.

FOUND IN: Fruit cocktail, candy, chocolate cake, cereals, beverages, pastries, maraschino cherries, and fruit snacks.

WHAT YOU NEED TO KNOW: The FDA has proposed a ban on Red #3 in the past, but so far the agency has been unsuccessful in implementing it. After the dye was inextricably linked to thyroid tumors in rat studies, the FDA managed to have the lake (or liquid) form of the dye removed from external drugs and cosmetics.

Saccharin

An artificial sweetener 300 to 500 times sweeter than sugar. Discovered in 1879, it's the oldest of the five FDA-approved artificial sweeteners.

FOUND IN: Diet foods, chewing gum, toothpaste, beverages, sugar-free candy, and Sweet 'N Low.

WHAT YOU NEED TO KNOW: Rat studies in the early 1970s showed saccharin to cause bladder cancer, and the FDA, reacting to these studies, enacted a mandatory warning label to be printed on every saccharin-containing product. The label was removed after 20 years, but the question over saccharin's safety was never resolved. More recent studies show that rats on saccharin-rich diets gain more weight than those on high-sugar diets.

Sodium Ascorbate: See Ascorbic Acid.

Sodium Caseinate: See Casein.

Sodium Nitrite and Sodium Nitrate

Preservatives used to prevent bacterial growth and maintain the pinkish color of meats and fish.

FOUND IN: Bacon, sausage, hot dogs, and cured, canned, and packaged meats.

WHAT YOU NEED TO KNOW: Under certain conditions, sodium nitrite and nitrate react with amino acids to form cancer-causing chemicals called nitrosamines. This reaction can be hindered by the addition of ascorbic acid, erythorbic acids, or alpha-tocopherol.

Sorbitol

A sugar alcohol that occurs naturally in some fruits. It's about 60 percent as sweet as sugar and used to both sweeten and thicken.

FOUND IN: Dried fruit, chewing gum, and reduced-sugar candy.

WHAT YOU NEED TO KNOW: Sorbitol digests slower than sugars, which makes it a better choice for diabetics. But like other sugar alcohols, it can cause intestinal discomfort, gas, bloating, flatulence, and diarrhea.

Soy Lecithin: See **Lecithin**.

Sucralose

A zero-calorie artificial sweetener made by joining chlorine particles and sugar molecules. It's 600 times sweeter than sugar and largely celebrated as the least damaging of the artificial sweeteners.

FOUND IN: Sugar-free foods, pudding, beverages, some diet sodas, and Splenda.

WHAT YOU NEED TO KNOW: After reviewing more than 110 human and animal studies, the FDA concluded that use of sucralose does not cause cancer. The sweetener is one of only three artificial sweeteners deemed safe by the Center for Science in the Public Interest.

Tartrazine: See **Yellow #5**.

Vegetable Shortening: See **Partially Hydrogenated Vegetable Oil**.

Xanthan Gum

An extremely common emulsifier and thickener made from glucose in a reaction requiring a slimy bacteria called *Xanthomonas*

campestris—the same bacterial strain that appears as black rot on cruciferous vegetables like broccoli.

FOUND IN: Whipped topping, dressings, marinades, custard, and pie filling.

WHAT YOU NEED TO KNOW: Xanthan gum is associated with no adverse effects.

Xylitol

A sugar alcohol that occurs naturally in strawberries, mushrooms, and other fruits and vegetables. It is most commonly extracted from the pulp of the birch tree.

FOUND IN: Sugar-free candy, yogurt, and beverages.

WHAT YOU NEED TO KNOW: Unlike real sugar, sugar alcohols don't encourage cavity-causing bacteria. They do have a laxative effect, though, so heavy ingestion might cause intestinal discomfort or gas.

Yellow #5 (Tartrazine) and Yellow #6 (Sunset Yellow)

The second and third most common food colorings, respectively.

FOUND IN: Cereals, pudding, bread mix, beverages, chips, cookies, and condiments.

WHAT YOU NEED TO KNOW: Several studies have linked both dyes to learning and concentration disorders in children, and there are piles of animal studies demonstrating potential risks such as kidney and intestinal tumors. One study found that mice fed high doses of sunset yellow had trouble swimming straight and righting themselves in water. The FDA does not view these as serious risks to humans.