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Just In

Certain Carbs Increase Risk for Cataracts

People whose diets include a lot of foods high on the Glycemic Index (GI), such as sugary foods and refined carbohydrates (e.g., white bread, white rice, pasta, crackers), are at greater risk of developing early and intermediate stages of cataracts.

Researchers with the Age-Related Eye Disease Study (AREDS) looked at data from 3,377 men and women between the ages of 60 and 80, evaluating what they ate and whether their eyes showed evidence of optical changes known as cortical and nuclear lens opacities, typical of early cataracts.

Overall, study participants who ate the most high-GI foods or had the highest overall intakes of total carbohydrates were 27% to 29% more likely to develop these early cataract changes than those with the lowest intakes.

High-GI foods may damage eyes by exposing ocular tissue to glucose for extended periods of time, say the researchers.

American Journal of Clinical Nutrition, May 2006.

His And Hers Weight Control: Same Game, Different Rules

Men and women who have fought the battle of the bulge side by side have learned a cruel truth: Men are often able to control their weight with far less effort than women.

"I constantly encounter women who are frustrated by how much easier it is for men to keep their weight in line," says Lydia Hanich, M.A., psychotherapist and author of *Honey, Does This Make My Butt Look Big?* (Gruze Books, 2005). "I tell them comparisons are pointless, given the biological differences."

Despite the challenges of watching your waistline with someone of the opposite sex, Hanich believes an involved partner increases your chance for success.

"You get to share the victories, com-

miserate over the challenges and provide support for lapses," Hanich says.

It's a lot easier to shop, cook and make decisions about where to dine out when you're both eating the same way. But the road to better health can be littered with pitfalls, especially when you're unclear about why these gender differences exist. *EN*'s survival guide for dieting as a duo can help.

Calorie Battle of the Sexes. Whether you're male or female, in order to maintain weight, calories ingested must be balanced with calories burned. However, men are typically larger than women and their calorie needs higher. Plus men are
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Garlic Is The Go-To Herb For Health, Whether Raw, Cooked Or Supplements

Garlic aficionados hold festivals each summer to celebrate what they affectionately call "the stinking rose." There you'll find garlic-flavored jams, even garlic ice cream. But taste isn't the only reason garlic is beloved. It's been revered for centuries for benefiting conditions ranging from yeast infections and acne to mosquito bites and heart disease.

Just how much of garlic's resumé is folklore and how much is fact? *EN* looks at the science behind the clove.

Can Garlic Lower Cholesterol? Research into garlic's lipid-lowering effects has, to date, been inconsistent. Early studies cited large drops in total cholesterol from garlic supplements, but recent studies found no effect at all. Poorly designed studies and inconsistencies in the garlic preparations used are likely the major reasons behind most of the conflicting results.

Nevertheless, a recent review of garlic literature from Albert Einstein College of Medicine in New York City concluded that garlic does indeed have modest lipid-lowering effects, at least

over the short term of six months.

Aged garlic makes the strongest case for lipid lowering. Two small studies from Penn State University and UCLA found that aged garlic extract (AGE) reduced total cholesterol by 7% and 3% and reduced LDL ("bad" low-density lipoprotein) cholesterol by 8% and 22%. Levels of HDL ("good" high-density lipoprotein) cholesterol increased in the UCLA study. That study also found that AGE lowered homocysteine levels, inhibited dangerous plaque formation in arteries and stimulated circulation.

Can Garlic Fend Off Cancer? The potent antioxidant powers of garlic make it an ideal candidate for combating cancer. The most promising findings have been for stomach, colon and prostate cancers. Several large population studies have shown that garlic eaters have significantly lower rates of these cancers than non-garlic eaters—about half the risk for stomach and prostate cancer and one-third less risk for colorectal cancer.

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