

FROM YOUR EDITOR

## NEW FOODS FOR YOU (AND ME!)

**Food fascinates me—and yet I'm the least adventurous eater I know.**

I have oatmeal and banana every morning, and I've packed the same turkey on wheat for lunch for the past 20 years. If not for a husband with a cooking hobby, I would be firmly planted in a food rut.

At the supermarket, I'm no different. I always shop the perimeter first, filling my cart with fruits and vegetables. But when I enter the inner sanctuary of the store, I'm lost. So many choices and promises—I could study those nutritional labels for hours, and sometimes do (to the utter desperation of my 2-year-old daughters).

Enter Julie Upton, RD. The assignment: From the more than 10,000 new products that arrived fresh on supermarket shelves this year, tell me (ahem, you) which are healthy enough to be worth my money, time, and calories. She

analyzed, compared, and tasted hundreds of foods for our story—from 15 types of breads to dozens of cereals and more than twice as many snack foods. (Good thing she's a marathon runner!) Julie now enjoys snacking on Figamajigs (which made it into our story) and was impressed with the innovative Aroma Water (which did not).

"The cap is infused with orange or lime scent," says Upton. "Since 90% of your sense of taste is through your sense of smell, you think you're drinking flavored water."

Turn to "Best New Foods for You" to see all the products that *did* make the final cut. Visit [prevention.com/newfoods](http://prevention.com/newfoods) for more favorites, including low-fat wraps, healthy candy, and tasty snacks!



**LIZ VACCARIELLO**  
Editor-in-Chief



## YOUR experts

Prevention's Advisors

### Food & Nutrition (continued)

**Debra Waterhouse, MPH, RD**, author of *Outsmarting the Female Fat Cell*

### General Health

**Arthur S. Agatston, MD**, preventive cardiologist, associate professor of medicine, University of Miami Miller School of Medicine, and author of *The South Beach Heart Program*

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**Pamela Peeke, MD, MPH**, assistant clinical professor of medicine, University of Maryland

**Carolyn D. Runowicz, MD**, director, Carole and Ray Neag Comprehensive Cancer Center, and professor of obstetrics and gynecology, University of Connecticut Health Center

### Psychology

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### Women's Health

**Marianne J. Legato, MD**, director, Partnership for Gender-Specific Medicine, Columbia University

**Mary Jane Minkin, MD**, clinical professor of obstetrics and gynecology, Yale University School of Medicine

# Prevention

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## POWER UP YOUR HEALTH

74 Tips You Won't Read Anywhere Else

BEST VITAMINS for women 40+

25 New Foods That SEND YOUR HEALTH SOARING!

Sneaky Ways To WALK YOURSELF SLIM!

Nature's ULTIMATE Pain Killer

EAT TO:  
 ■ Beat Hunger  
 ■ Boost Immunity  
 ■ Keep Weight Off

AGE BEAUTIFULLY!  
Top Docs Share Their Secrets

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