

# Catch of the Day

Peanut butter might have had some bad press lately, but **the biggest culprits in food-borne illness are creatures of the sea.** Researchers at the Center for Science in the Public Interest (CSPI) reviewed data for nearly 6,000 outbreaks (which they defined as episodes involving two or more sick people) from 1990 to 2006. The top three baddies: poultry, with 620; produce, with 768; and at No. 1, seafood, responsible for 1,140. Some stay-healthy tips: Avoid fish with cloudy eyes, dull flesh, a green or yellowish color, or a truly fishy smell. To learn more, including how to safely store seafood, visit [www.cfsan.fda.gov](http://www.cfsan.fda.gov).



## Hold the Sodium

Salt lurks in unusual places. Some of our favorite low-guilt treats host a surprising amount, according to *Consumer Reports*. Why? You guessed it: Low-fat grub is often laced with sodium to compensate for blandness, says Orlando dietitian Tara Gidus, R.D. Counter with these simple switches:

EAT THIS	Sodium mg	NOT THAT	Sodium mg
Quick Quaker Oats <i>½ cup dry</i>	<b>0</b>	Quaker Instant Oatmeal, Cinnamon Roll flavor <i>1 packet</i>	<b>240</b>
Pure Vermont maple syrup <i>¼ cup</i>	<b>7</b>	Aunt Jemima Original syrup <i>¼ cup</i>	<b>120</b>
Fage Total 2% Greek Yogurt <i>8 oz</i>	<b>65</b>	Friendship 1% low-fat cottage cheese <i>¼ cup</i>	<b>360</b>
Skittles <i>¼ cup</i>	<b>8</b>	Strawberry Twizzlers <i>4 twists</i>	<b>95</b>
Total Raisin Bran <i>1 cup</i>	<b>230</b>	Kellogg's Raisin Bran <i>1 cup</i>	<b>350</b>

### BY THE NUMBERS

**45**

PERCENTAGE OF SPORTS FANS WHO CHOW FAST FOOD AT LEAST TWICE A WEEK, VS. 36% OF NON-FANS.

Source: University of Arkansas at Little Rock

## WHOLE LATTE PROTECTION

Thanks, joe. **Downing more java may decrease your risk of diabetes.** *The American Journal of Clinical Nutrition* reports. Compared with subjects who drank none, people who drank four or more cups of coffee a day had a 30 percent lower risk of developing the disease. Credit coffee's minerals, antioxidants, and phytonutrients: They may play a role in glucose metabolism.



### [BULLETIN]

**RED MEAT WARNING** Now we know why eating red meat increases the risk of malignant tumors. Doing so causes the molecule N-glycolylneuraminic acid (Neu5Gc) to build up. The immune system sees it as an invader and releases antibodies, causing inflammation. When mice were injected with tumor cells, their inflammation sped the cells' growth. And the antibodies can actually feed the tumor, says lead study author Ajit Varki, M.D.