

INSIDE:

Tufts Health & Nutrition Letter Reveals...

What Not to Eat



Answers are yours FREE inside.
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YOURS FREE INSIDE:

Expert Health & Nutrition Answers You Need Now...

- ✓ **Beware!** Nuts don't deliver the same *"heart and brain"* health benefits as fish.
- ✓ One of the most important dietary secrets for lowering your risk for heart disease.
- ✓ **Vitamin** that could help keep you from *breaking your hip!*
- ✓ **The 84-year old health myth** almost everyone still believes...

Open now and get a Free Issue and 2 FREE Reports! *Details inside.*

INSIDE:

**Label Lies that Make
Unhealthy Foods
Seem Healthy!**

What's Better: Multigrain Bread or 100% Whole Wheat?

Dear Friend,

Believe it or not—it's the 100% whole wheat.

If you're thinking that can't be right—grains are supposed to be the best thing since, well, sliced bread—you're in good company.

Food marketers know you're looking for healthy options. So they give their products names that make them appear healthier than they really are.

Walk down the bread aisle and you'll find loaves touting 12 grains, whole grains, and even "good source of whole grain." These are the sneaky words manufacturers use, which mean – almost no whole grain! **To get the grainiest breads, look for labels with 100% Whole Grain or 100% Whole Wheat.**

And then there's what I call, "fake fiber." Who needs prunes if we can get all the fiber we need from yogurt and ice cream? Well, we all might.

While food manufacturers want you to think this added fiber is the same as what you'd find in an apple or serving of spinach, there isn't any real research to support this. What's more, the nutrition benefits of fortified foods are nowhere near as good as what you get from real food!

So don't be tricked by labels that claim double-fiber or high in fiber. Instead read the ingredient list. If what you're about to eat contains common isolate fibers (what I call "fake fiber") such as inulin, oat fiber, resistant starch, and maltodextrin – reach for something else.

These are just two examples of the kind of straightforward, honest advice you'll find in every issue of *Tufts University Health & Nutrition Letter*.

So don't wait. Mail the enclosed card today to get the next issue FREE, and see for yourself.

Sincerely,



David A. Fryxell
Managing Editor

P.S. Act now and you'll also get 2 FREE Reports – The Tufts Nutrition Blacklist and Tufts Top 51 Superfoods!!

Inside this Health Bulletin from *Tufts University Health & Nutrition Letter* are Foods and Supplements You May Not Want to Eat (or Take...)

Plus: How to get the latest issue of *Tufts University Health & Nutrition Letter* and 2 Reports – **absolutely FREE!**

Dear Friend,

Did you know food manufacturers actually make more money by selling “good for you foods?”

It’s no wonder then that some companies try to make unhealthy foods appear healthier than they really are.

Take “trans-fat free” foods. Despite the label claims, some of them contain trans fats that increase your risk for heart disease and reduce your memory power!

Thanks to an FDA loophole, if a food contains less than a half-gram of trans fats per serving, it can be labeled as “trans-fat free.” You think you’re not taking in any trans-fats, but the reality is you could be gobbling them up.

And the food aisle isn’t the only place you and I are getting fooled.

If you’re like me, you may take certain vitamins and supplements to boost your health – yet some of them – common ones you may be taking right now – can harm your health!

**For example, the wrong dose of calcium could
double your risk for a heart attack!**

Researchers have shown taking large doses of calcium in supplement form may be dangerous – with one study showing high doses nearly double the risk for heart attack. The

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Why nuts don't pack the same heart-health benefits as fish!

Although both nuts and fish contain healthy omega-3 fatty acids, they aren't the same. The omega-3s found in nuts are alpha-linolenic acids or ALAs. The "heart-healthy" omega-3s found in fish are eicosapentaenoic acid and docosahexaenoic acids or EPA and DHA. If you're vegetarian or simply don't like fish, look for vegetarian omega-3 supplements that derive DHA from algae.

Get more life-saving health and nutrition advice. Send for your FREE ISSUE of *Tufts Health & Nutrition Letter* today!

reason is your body doesn't treat large doses of the supplement the same as calcium from foods. That means, not only are these high doses unsafe – they may not even be helping you protect your bone health.

What's more, too much calcium or vitamins A and E may increase your stroke risk. And, despite some claims, there is no research to support that vitamin C can lower stroke risk.

So how can you avoid the food and nutrition mistakes that seem to lurk in every aisle – and do what's best for your health?

Send for your FREE issue of *Tufts Health & Nutrition Letter*. (You'll get 2 FREE Reports, too!)

You may not know a lot about Tufts – I didn't either. But the Friedman School of Nutrition Science and Policy at Tufts University is the world-renowned leader in health and nutrition breakthroughs.

What's more, Tufts is home to the largest research center in the world dedicated to discovering how proper nutrition can prevent or reduce the effects of disease related to aging.

Tufts scientists research the health information you and I want to know, like how antioxidants can help prevent diseases as we age ... best ways to strengthen our bones... foods that fight cancer... and the nutrients that can boost your memory or help you fight heart disease.

That's why I tell everyone, if you're over 50, you need to be reading *Tufts Health & Nutrition Letter*!

Every issue brings you Nutrition Secrets to Help Your Heart, like...

- ✓ The breakfast food that lowers your heart failure risk 28%!
- ✓ Why sugar-sweetened drinks are so harmful for women's hearts.
- ✓ The easy way to drop your blood pressure significantly – no medication needed!

- ✓ Critical cholesterol update! Why high levels of HDL (good cholesterol) may not do anything to lower your risk for heart disease!
- ✓ How increasing vitamin D levels helped lower blood levels of C-reactive protein (CRP) a sign of increased risk for heart disease.

Recently readers discovered that increasing potassium levels while reducing the amount of sodium in your diet is one of the most important ways to lower your risk for cardiovascular disease. High potassium foods include bananas, apricots, fish, nuts and more.

You'll also Find New Ways to Boost Your Memory...

- ✓ A food that could prevent dementia! It's already showing amazing results!
- ✓ How to lower your risk of Alzheimer's by eating fish just once a week!
- ✓ Did you know if you're not getting enough vitamin B12 – your brain might actually be smaller?
- ✓ Surprising way some fats affect your brain – while others actually help you keep your memory as you age!
- ✓ How delicious berries could protect your memory and shave years off your cognitive age.
- ✓ Amazing way strength training can pump up your mental muscle!

Plus, How to Protect Yourself from Stroke, such as...

- ✓ Avoid foods that could raise your risk for the most common type of stroke by nearly 40%!
- ✓ How you can use potassium to lower your stroke risk by 20%.

Discover the vitamin that could lower your chances of breaking your hip by 30%. Bonus: it helps lower your risk of falling by 20%!

When scientists reviewed results from a recent meta-analysis about the effects on vitamin D for bone health, they found interesting results. At first it appeared that vitamin D had no real effect on bone health. However, when they took out the results of those people who admitted they didn't actually take the vitamin, the results were dramatic. Those who took at least 800 IU of vitamin D daily had a 30% lower risk of breaking their hip.

In addition those taking between 700 and 1,000 IU daily were able to lower their risk of falling by 20%. Check with your doctor to see if vitamin D could be useful for you.

Get the latest news on the vitamins and supplements you need. Send for your FREE ISSUE of *Tufts Health & Nutrition Letter* now!

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Amazing way to help reduce your genetic risk for Alzheimer's!

People who have a genetic risk of developing Alzheimer's disease (AD) can actually help offset their risk by exercising! Sedentary individuals with the genetic risk had PET scans that showed a greater buildup of amyloid plaques in the brain, which are linked to developing Alzheimer's. But, in spite of having the genetic risk for AD, those who got regular exercise (as determined by the American Heart Association's guidelines) had no more buildup of amyloid plaques than folks without the genetic risk factor. Researchers think the physical activity may trigger changes in metabolism and brain function that reduces the buildup.

Send for your FREE ISSUE of *Tufts Health & Nutrition Letter* now to be sure you always get the latest nutrition research!

Did you know: you can stop the sniffing and sneezing from colds faster? Zinc lozenges or syrup will do the trick. You can add years to your life in just 15 minutes a day? What's better – a cup of OJ or an orange? The orange – you'll get 8 times the fiber and just two-thirds of the calories!

You can count on every word you read, because it comes straight from the scientists, doctors, and researchers at Tufts University.

You not only get facts about research done at Tufts – you also get Tufts unique perspective on health and nutrition findings from all over the world. We'll tell you when something really is a new breakthrough – and also when we feel an idea needs more scientific proof before we give it our seal of approval.

For example, recently many publications, and even network news stations, were telling you to take supplements to stay healthy. Tufts exploded that myth so you would know that

- ✓ How you can lower your systolic blood pressure (the top number) as much as 10 points by eating raisins!
- ✓ Why women should eat plenty of citrus fruits to help lower stroke risk.
- ✓ 13 foods that may help lower your risk of stroke.

And there's so much more in every issue.

You'll get information on the latest medical studies and research with the power to change your health, like...

The recent study that shows coffee drinkers live longer! How low-fat yogurt may keep you from developing type 2 diabetes. Or the food that helps stop you from packing on deadly belly fat. Even why some low-fat dressings make it harder for your body to absorb the fat-soluble nutrients in your salad veggies like carotenoids. Instead of looking for "low-fat" dressings, try those made with monounsaturated fats like those found in canola and olive oils!

many multivitamins, including supplements of B6, folic acid, magnesium, zinc, copper and especially iron, were all linked to a greater risk of dying.

You see, not all vitamins and supplements are "healthy." Some can be downright deadly! Just take a look...

- ✓ **Are you taking too much E?** Researchers found that 23% of people are taking 18 times more than the recommended level. And for adult men that increases their risk of prostate cancer 17%!
- ✓ Too much vitamin A can **actually increase your risk for stroke!**
- ✓ **Beware anti-cancer supplements.** Not only is there very little support to show supplements can help protect against cancer – high doses of some supplements **actually increase your cancer risk.**
- ✓ **Is vitamin K2 the answer for osteoporosis?** Our experts tell you why it isn't worth the price.

It turns out the best way to get the nutrients you need – is to eat them! So, when the government updated their food pyramid into the new MyPlate version—Tufts went a step further and created a special MyPlate for Older Adults specifically designed to help folks over 50 get the nutrients they need from fewer calories.

That's why *Tufts Health & Nutrition Letter* is so important for everyone over 50. You get the nutrition research and expertise you need as you age.

But why take my word for it, when you can see for yourself just how useful *Tufts Health & Nutrition Letter* will be for you – without paying a penny!

Get the next issue of *Tufts Health and Nutrition Letter*—FREE!

Simply return the enclosed FREE ISSUE and 2 FREE Reports Form, and you'll get the latest issue of *Tufts Health & Nutrition Letter* – FREE. If you don't think it's for you, you can toss it out or pass it on to a friend.

But if you enjoy it as much as I do, you can take advantage of this limited-time offer and get 9 more issues – (10 in total) for just \$15. That's 36% off the regular price.

The 84-year old myth we all still believe.

If you're struggling to get in those 8 glasses of water we're all supposed to drink each day – relax. The truth is coffee and tea count toward your 64 ounces of daily fluids. The idea that the caffeine in these beverages cancelled out their water content was proved false way back in 1928.

Get the latest facts about food, nutrition and health. Send for your FREE issue of *Tufts Health & Nutrition Letter* now

over, please

Plus you get our top 2 reports – FREE!

When you return the enclosed card, you'll automatically get our most-requested reports:
The Tufts Nutrition Blacklist and Tufts Top 51 Superfoods – FREE!

Both of these reports are yours to keep, just for taking a look at your Free Issue of *Tufts Health & Nutrition Letter*.

Don't miss your chance to get the best health and nutrition news available. Send for your Free Issue today!

Sincerely,



Theresa Jankowski
For *Tufts Health & Nutrition Letter*

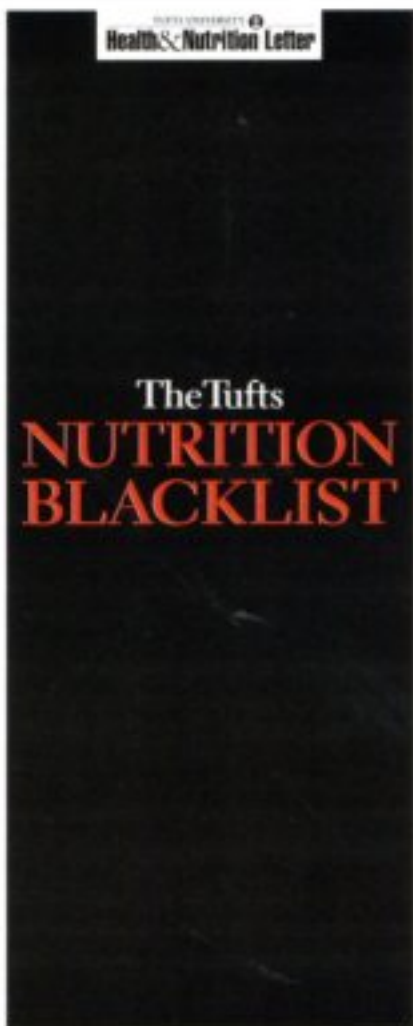
NOTE from Tufts: Please reply as soon as possible. The 2 Free Reports we have reserved for you are in high demand. Don't risk being put on backorder. Mail the enclosed card in the postage-paid reply envelope today.

YOURS FREE: The Tufts Nutrition Blacklist



Inside this special health report are 25 foods, supplements and bogus remedies singled out by *Tufts University Health & Nutrition Letter*. Get your free copy and see why...

- ▶ This popular cholesterol treatment found in supplements may do absolutely nothing!
- ▶ You shouldn't waste your money on "Certified Organic Seafood." The USDA doesn't have these standards yet.
- ▶ "Nutrition bars" should be off the menu unless you're an endurance athlete.
- ▶ Herbal weight-loss products aren't necessarily safe – even when they claim they're "ephedra-free."
- ▶ These popular beverages are linked to lower bone mineral density in women.
- ▶ The supplement that claims to pack the nutrient power of produce – *and fails miserably!*



Act now and our most in-demand report is YOURS FREE!

Just return the enclosed
Free Issue and 2 FREE Reports form today!

Your Second **FREE Gift!**



Feel free to dig in. Indulge. And fill up on any of the delicious foods on the *Tufts Top 51 Superfoods* list. One look at this in-demand report and you'll discover...

- ▶ Why olive oil is **NOT** the healthiest choice in cooking oils. Instead reach for #14 on our superfoods list.
- ▶ The fish that's better for you than salmon! Check out **superfood #23**.
- ▶ **Superfood #5** is our favorite veggie for packing in loads of nutrients in just 25 calories!
- ▶ Protect your bones, lower your blood pressure, and pump up your heart health all with **superfood #6!**
- ▶ **Superfood #17** may help prevent cancer and it has 45% of your daily vitamin C in just half a cup!
- ▶ Protect your eyes from macular degeneration with **Superfood #38!**
- ▶ And you get 45 more great tips!

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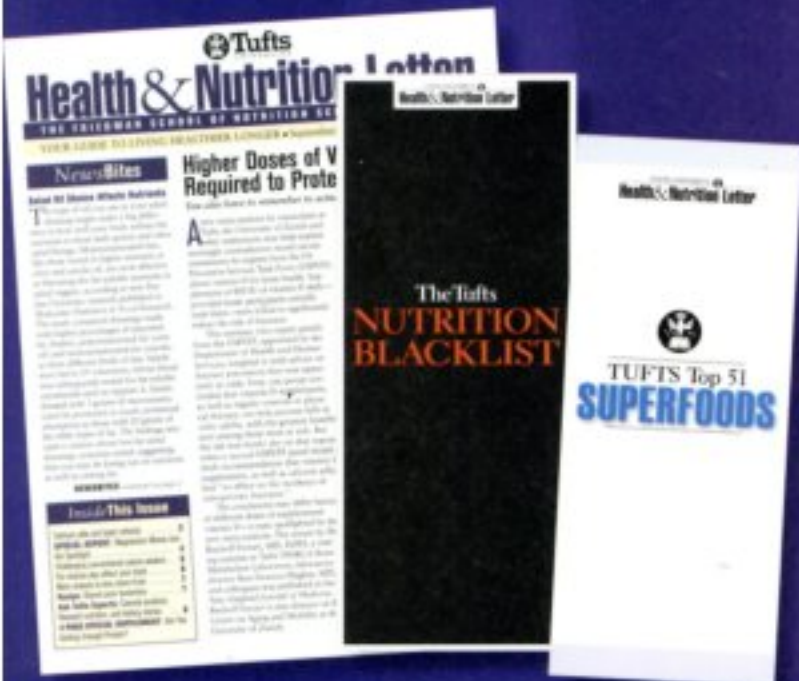
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SUPERFOODS

Don't miss out.

Tufts Top 51 Superfoods is yours **FREE** – just for sending for your free issue of *Tufts Health & Nutrition Letter*.

There's no obligation to buy anything and you can keep both reports, even if you decide the newsletter isn't for you!

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