

Decoding Packaged Food Claims

Foods are now fortified with trendy nutrients like heart-healthy omega-3s and protein. In fact, product launches making protein claims were three times higher in the United States than anywhere else in 2012, according to new research. But are these foods any good? Keri Glassman, RD, the author of *The New You and Improved Diet*, says **eating whole foods is always best, but fortified foods may offer some benefit.** She offers this advice on when to say yea or nay to four buzzed-about ingredients. —Hannah Witt



PROTEIN

Protein is now popping up in cookies and juices. Studies show that adding protein to foods can help you feel full, but look at the type of protein in the ingredient list. Soy protein isolate may aggravate allergies and gout symptoms, says Glassman. Instead, opt for products made with whey or pea protein.



RESVERATROL

This antioxidant, found in red grape skins, is being added to juices and even gum. While it's been linked to heart health, weight loss, and longevity, Glassman says there's not enough research to recommend resveratrol intake beyond what you'd get from natural dietary sources.



PROBIOTICS

Naturally found in fermented foods, probiotics now show up in chocolate and cereal. But there are different strains, each with its own benefit, says Glassman. So unless a product contains the right one for your health concern, it may not help you. For example, look for *L. acidophilus* NCFM for an immunity boost.



OMEGA-3S

These fatty acids have been linked to improved cognitive function and heart health and occur in everything from granola bars to sorbets. Look for foods that deliver DHA and EPA, the types of omega-3s that originate in fish and algae, for the maximum benefit. Glassman likes omega-3-fortified eggs.