



*Sugar sucks: Aim for fewer than 100 calories daily of the sweet stuff.*

## The Bitter Side of Sugar

One more reason to curb your sweet tooth: A recent study published in *JAMA Internal Medicine* found that subjects who consumed 10–25% of their daily calories in added sugars had a 30% higher risk of dying from heart disease. That risk tripled when added sugars accounted for more than 25% of daily calories. “People need to get away from the mentality that ‘fat makes you fat,’” says nutritionist Sara Vance. “There are still so many low-fat and nonfat foods that we’re told to eat, but the irony is that many of these foods are loaded with sugar.” To stave off the sugar rush, read labels carefully and choose healthy fats, such as avocado and coconut oil, which can help regulate hunger hormones. —Amy Schlinger

### Pressing Ahead

Cold-pressed juice seems to be popping up everywhere lately, from grocery store shelves to boutique smoothie shops. Why? The beverage—made by slowly crushing fruits and vegetables to squeeze out nearly every drop without introducing the high heat and oxygen that a “traditional” (centrifugal) juicer produces—is purportedly healthier than its conventional counterpart because fewer nutrients are destroyed during the heatless process.

“Cold-pressed juice offers far more phytonutrients and retains them longer,” says Ariane Resnick, a wellness expert and chef. Get in on the goodness with these blended options:

#### Organic Pure Tart Cherry Juice

Packed with a superfood that contains micronutrients, vitamins, and minerals, the cherry juice from **Lakewood Organic** can improve absorption of iron, promote better digestive health, and support the immune system. \$10.59 for 32 oz, [shoporganic.com](http://shoporganic.com)

#### Wtrmln Wtr

Studies have shown that watermelon can help with muscle recovery. With fewer than 12 grams of sugar, 2½ times more potassium than a banana, and tons of electrolytes as well as vitamins A and C, this juice may become your go-to post-workout drink. \$5.50, Whole Foods stores

#### Fuji Apple Cold-Pressed Juice

Apple juice grows up a bit in this subtle but sweet apple juice from **Red Jacket**, which features more than half your daily vitamin C needs in a single serving, plus 3 grams of fiber. \$18 for six-pack, [redjacketorchards.com](http://redjacketorchards.com) —A.S.

Fresh juice relieves muscle soreness.



### APP WE LOVE: FOODUCATE

*Fight back against deceptive labels that promote low-calorie or nonfat fare with hidden additives and ingredients by downloading the Fooducate app for Android and iPhone devices. With your phone, simply scan the bar code of the product you’re considering purchasing, and the app automatically provides a grade (A thru D) based on its nutrition facts and ingredients. “I built the app after my wife came home from the supermarket with a glow-in-the-dark yogurt that was full of chemicals,” says Hemi Weingarten, founder of Fooducate. “We decided we did not want to feed this to our kids.” The app also lists ingredients you may not be familiar with, points out things like added sweeteners, and highlights nutrition highs and lows. It even provides healthier alternatives when applicable (free, [fooducate.com](http://fooducate.com)). —A.S.*

