

Fewer hefty Americans are trying to lose weight

Associated Press

CHICAGO — Fewer overweight Americans have been trying to lose weight in recent years, and researchers wonder if fat acceptance could be among the reasons.

The trend found in a new study occurred at the same time obesity rates climbed.

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CDC:

www.cdc.gov/obesity/

“Socially accepted normal body weight is shifting toward heavier weight. As more people around us are getting heavier, we simply believe we are fine, and no need to do anything with it,” said lead author Dr. Jian Zhang, a public health researcher at Georgia Southern University.

Another reason could be people abandoning efforts to drop pounds after repeated failed attempts, Zhang said.

The researchers analyzed U.S. government health surveys over nearly two decades from 1988 through 2014. The surveys involved in-person physical exams and health-related questions including asking participants if they’d tried to lose weight within the past year. More than 27,000 adults aged 20 to 59 were included. They were not asked to explain their answers.

In the early surveys, about half the adults were overweight or obese. Those numbers climbed to 65 percent by 2014. But the portion of overweight or obese adults who said they were trying to slim down fell from 55 percent to 49 percent in the study.

Body mass index, a measure of height and weight, determines weight status. Those with a BMI of 25 to 29 are considered overweight; 30 and above is obese. A BMI of 30 generally reflects being about 50 pounds above your ideal weight.

The study results were published March 7 in the Journal of the American Medical Association.

Dr. Scott Kahan, director of a weight-loss clinic in Washington, said the study is important and echoes previous research. He acknowledged that it has become more acceptable in some circles to be overweight, but that many patients still feel stigmatized. He said many come to his center after repeated attempts to lose weight and some give up for a while out of frustration.

The study found obesity was most common among black women — 55 percent were obese in the most recent survey years, and there was a big decline in black women trying to lose weight. Whether that’s because of fat acceptance, dieting frustration or other reasons is not known.



AP Photo/Patrick Sison

The ingredients label for almond milk at a grocery store in New York. Dairy producers are calling for a crackdown on the almond, soy and rice “milks” they say are masquerading as the real thing and cloud the meaning of milk for shoppers. A group that advocates for plant-based products has countered by asking the Food and Drug Administration to say foods can use terms such as “milk” and “sausage,” so long as they’re modified to make clear what’s in them.

Mayo, wings and butter: ‘Fake milk’ is latest food fight

By CANDICE CHOI
Associated Press

NEW YORK — Is “fake milk” spoiling the dairy industry’s image?

Dairy producers are calling for a crackdown on the almond, soy and rice “milks” they say are masquerading as the real thing and cloud the meaning of milk. A group that advocates for plant-based products, the Good Food Institute, countered earlier this month by asking the Food and Drug Administration to say terms such as “milk” and “sausage” can be used as long as they’re modified to make clear what’s in them.

It’s the latest dispute about what makes a food authentic, many of them stemming from developments in manufacturing practices and specialized diets.

DiGiorno’s frozen chicken “wyngz” were fodder for comedian Stephen Colbert. An eggless spread provoked the ire of egg producers by calling itself “mayo.” And as far back as the 1880s, margarine was dismissed as “counterfeit butter” by a Wisconsin lawmaker.

The U.S. actually spells out the required characteristics for a range of products such as French dressing, canned peas and raisin bread. It’s these federal standards of identity that often trigger the food fights.

Cow, nut, bean

Though soy milk and almond milk have become commonplace terms, milk’s standard of identity says it is obtained by the “complete milking of one or more healthy cows.” That’s a point the dairy industry is now emphasizing, with the support of lawmakers who last month introduced legislation calling for the FDA to enforce the guidelines.

“Mammals produce milk, plants don’t,” said Jim Mulhern, president of the National Milk Producers Federation.

The federation says it has been trying to get the FDA to enforce the standard since at least 2000, and that the lack of enforcement has led to a proliferation of imitators playing “fast and loose” with dairy terms.

Those products often refer to themselves as “soymilk” or “almondmilk,” single words that the dairy industry says is a way to get around the guidelines for “milk.”

The Plant Based Foods Association, which represents



Nestle USA

A package containing DiGiorno pizza and boneless Wyngz. DiGiorno owner Nestle said it initially wanted to call the boneless chicken pieces “wings,” since it believes people understand that “boneless wings” are not whole wings. The company says the USDA instead proposed “wyngz.”

companies like Tofurky and milk alternatives, says standards of identity were created to prevent companies from passing off cheaper ingredients on customers. But the group says that’s not what soy, almond and rice milk makers are trying to do.

Those companies are charging more money, and consumers are gravitating toward them, said Michele Simon, the group’s executive director.

The FDA says it takes action “in accordance with public health priorities and agency resources.”

Edible, but eggless

The little-known Association for Dressing and Sauces showed its might in a 2014 mayonnaise melee.

The group repeatedly complained to the FDA that an eggless spread was calling itself Just Mayo, noting that under the federal rules mayonnaise is defined as having eggs.

Hellmann’s mayonnaise maker Unilever, one of the association’s members, had sued Just Mayo’s maker citing the same issue. That lawsuit was dropped after the company faced blowback from the vegan spread’s supporters.

The dressings and sauces group wasn’t the only one upset by Just Mayo’s name. The CEO of the American Egg Board, which represents the egg industry, also tried unsuccessfully to get a consultant to stop the sale of Just Mayo at Whole Foods.

The revelations led to an investigation by the U.S. Department of Agriculture. Soon after, the egg industry

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Diet guidelines:

<http://tinyurl.com/f5lcrv8>

group’s CEO retired earlier than expected.

As for Just Mayo, the company worked out an agreement with the FDA to keep its name — with some strategic tweaks to its label to make clear it does not contain eggs.

Straining for yogurt

It was a milk protein concentrate at issue in a lawsuit over Yoplait Greek.

That ingredient isn’t listed in the FDA’s standard of identity for yogurt. What’s more, the suit said General Mills relied on the ingredient to thicken its yogurt, rather than straining it the way other Greek yogurts are made.

“Not only was it not Greek yogurt, it wasn’t yogurt at all,” said Brian Gudmundson, the Minnesota lawyer who filed the suit.

Bacon, soda and too few nuts tied to big portion of US deaths

By LINDSEY TANNER
Associated Press

45 percent of those deaths, according to the study.

CHICAGO — Gorging on bacon, skimping on nuts? These are among food habits that new research links with deaths from heart disease, strokes and diabetes.

Overeating or not eating enough of the 10 foods and nutrients contributes to nearly half of U.S. deaths from these causes, the study suggests.

“Good” foods that were under-eaten include: nuts and seeds, seafood rich in omega-3 fats including salmon and sardines; fruits and vegetables; and whole grains.

“Bad” foods or nutrients that were over-eaten include salt and salty foods; processed meats including bacon, bologna and hot dogs; red meat including steaks and hamburgers; and sugary drinks.

The research is based on U.S. government data showing there were about 700,000 deaths in 2012 from heart disease, strokes and diabetes and on an analysis of national health surveys that asked participants about their eating habits. Most didn’t eat the recommended amounts of the foods studied.

The 10 ingredients combined contributed to about

Typical American diet

It may sound like a familiar attack on the typical American diet, and the research echoes previous studies on the benefits of heart-healthy eating. But the study goes into more detail on specific foods and their risks or benefits, said lead author Renata Micha, a public health researcher and nutritionist at Tufts University.

The results were published Tuesday in the Journal of the American Medical Association.

Micha said the 10 foods and nutrients were singled out because of research linking them with the causes of death studied. For example, studies have shown that excess salt can increase blood pressure, putting stress on arteries and the heart. Nuts contain healthy fats that can improve cholesterol levels, while bacon and other processed meats contain saturated fats that can raise levels of unhealthy LDL cholesterol.

In the study, too much salt was the biggest problem, linked with nearly 10 percent of the deaths. Overeating processed meats and under-eating nuts and seeds and seafood each were linked with about 8 percent of the deaths.



AP Photo/Alex Brandon

Canadian certified organic farm-raised King Salmon filets are placed on a tray in a store in Fairfax, Va.

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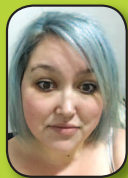
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