

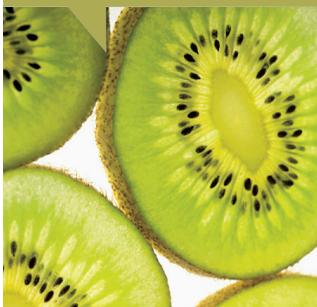


## carb conundrum

Rethink that second helping of spaghetti: A recent study found that women who increased their starch intake by a mere 2.3 grams — about a ½ ounce of potato or a ½ cup of pasta—over a one-year period had a higher risk for breast cancer recurrence than those who slashed their intake by 2.7 grams per day. “Carbohydrates increase insulin levels, which may fuel tumor growth,” says Jennifer A. Emond, M.S., lead researcher of the University of California, San Diego, study. The results are preliminary, so breast cancer survivors should continue to follow the recommended dietary guidelines for cancer survivors.

5X

*greater  
That's how much  
the bioavailability  
(the rate of  
absorption into  
body tissues) of the  
vitamin C in kiwi is  
compared with the  
vitamin C in  
supplemental form,  
according to an  
American Journal of  
Clinical Nutrition  
study. Also: Kiwis  
have 60 percent  
more vitamin C  
than oranges.*



### **pops rock**

Refreshing summer popsicles aren't just for kids—but make sure you beat the heat with treats free of the sugar and artificial colors of many supermarket offerings. Pour these healthful mixes into BPA-free Onyx Stainless Steel Ice Pop Molds (\$40; onyxcontainers.com) for delicious treats in about eight hours.

» **Raspberry Yogurt Pops:** In a blender, combine 1½ cups raspberries, 1 cup orange juice, 1 cup plain Greek yogurt, 1 teaspoon almond extract and 2 tablespoons of honey. Pour into pop molds, insert sticks and freeze.

» **Fudge Pops:** In a blender, combine 1 cup light coconut milk, 1 cup water, ¼ cup cocoa powder, 1 banana, 3 tablespoons pure maple syrup, 1 teaspoon vanilla extract and ½ teaspoon cinnamon. Pour into pop molds, insert sticks and freeze.

