

# TRENDING FOODS

• **WHAT NEW BITES** are people Googling now? Kansas City, MO-based nutritionist Mitzi Dulan shares the skinny on some of the hottest health foods and whether you should add them to your diet.

**Turmeric** Curcumin, the compound that gives turmeric its bright hue, has numerous potential benefits, ranging from better heart health to delaying the onset of type-2 diabetes. It may also help memory and fight cancer.

**Vegan doughnuts** “There aren’t particular health benefits [to these doughnuts] other than being an option for vegans,” says Dulan. In fact, even though they’re vegan, they’re still loaded with sugar and fat.

► **Jackfruit** The largest tree-borne fruit in the world, jackfruit is promoted by some brands as a meat replacement. But while it’s not actually high enough in protein to meet an active woman’s needs, it is rich in potassium and fiber (about 2.5 grams per cup)—so feel free to toss it into your smoothie.

**Cauliflower rice** This low-carb cruciferous has about 5 grams of carbohydrates per cup—versus 46 grams of carbs per cup of white rice.

**Sourdough bread** “While it’s delicious, sourdough doesn’t offer any extra health benefits,” notes Dulan.

—DIANA KELLY



## The Real Reason That Diet May Not Work

If you and a friend both followed one of *Muscle & Fitness Hers'* weight-loss plans to a T, you still might experience different degrees of success. Blame your parents: Research suggests that genes may play a significant role in determining how your body reacts to different dietary patterns. Unfortunately, finding the perfect diet for your DNA isn't clear-cut. “Until science catches up with the average person’s ability to understand their personal predispositions, much of figuring out one’s best diet is trial and error,” notes Marjorie Nolan Cohn, R.D., a nutritionist based in New York City. Remember it’s not just your diet that affects weight and health—other variables such as sleep, exercise, toxins, and emotional stress also come into play. —DK



## BOOST YOUR BRAIN POWER

Diving into that pint of ice cream on your cheat day may make your memory a little fuzzy. New research from Australia found that subjects who ate a high-fat, high-sugar diet performed more poorly on learning and memory tests, even among otherwise healthy, lean young people. Researchers say these diets impact the brain’s hippocampus, the region responsible for the ability to sense hunger and satiety cues, as well as memory. That may not only make it harder to regulate food intake, it can also put you at a greater risk of cognitive impairment. Although the occasional treat shouldn’t have too much of an impact, a well-rounded Mediterranean diet can help keep your body at its best. —DK

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REDUCED RISK OF EARLY DEATH FOR THOSE WHO FOLLOWED A PLANT-BASED PROTEIN DIET COMPARED WITH THOSE WHO GOT MOST OF THEIR DIETARY PROTEIN FROM MORE PROCESSED RED MEAT. SOURCE: JAMA INTERNAL MEDICINE