

Looks good on you

# Health

## Foods That Make

Foodwise

# The big squeeze

Fruit juices have been slammed for being high in carbs and low in fiber. But do they have



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### Plant-sterol juices

**Brand:** Minute Maid Premium Heart Wise Orange Juice (\$3.29 for 64 ounces)

**What we love:** Infused with plant sterols, which have been found to lower total and LDL cholesterol, "it offers a benefit to those who are reluctant to take medication to lower their cholesterol," Katz says.

**Caveats:** "If you don't have high cholesterol, plant sterols have no demonstrable benefit," Katz explains.

1.4 percent between 2002 and 2003, the first decline in more than 6 years, according to a recent report by [www.marketresearch.com](http://www.marketresearch.com).) And mainstream nutritionists promote the whole fruit over juice for its fiber and pulp. But the truth is, some



Flavor

Feeling

Moving

Living

Looks

