



Label sleuth

## INULIN: the sneaky fiber

If you see ice cream, brownies and other packaged foods that contain surprisingly high amounts of fiber (like a chewy granola bar with 5 grams rather than 1), check the ingredient list for inulin, a soluble fiber. Derived from chicory root, inulin bumps up fiber grams and, due to its creamy texture, makes a good fat replacement: plus, it may boost healthy bacteria in your GI system. If you're fiber-challenged, inulin can help you up your intake, says Patricia Bannan, RD, author of *Eat Right When Time Is Tight*. "But to limit it to 5 to 10 grams a day, aim to get most of your fiber from fruits, veggies and whole grains, which deliver other nutrients you can't get from a bar or brownie," she says. —B.J.

# shopping showdown!

## ★ BATTLE OF THE SHREDED CHEDDARS ★



### HAND-SHREDED

Sure, shredding takes time, but you'll be rewarded with a creamier flavor and texture when the cheese isn't melted (say, in seven-layer dip or as a soup topper). Buying the brick also allows for versatility—shred it thick or thin. The downside: Shreds can clump, so it's tough to distribute evenly.

\$3.20

VS



### PRE-SHREDED

You won't pay extra for this time-saver. It often contains anti-caking ingredients, such as potato starch, which prevent annoying clumps but also give a slightly dry taste and texture. These will be undetectable when you melt the cheese, though, so pre-shredded is best for hot dishes.

\$3.20

PRICE

AND THE WINNER IS...  
★ IT'S A TIE! ★

BY BETH JANES

## Checkout! Brand-new buys to shake up your grocery list BY MORGAN GIBSON

**1. Dole Fruit Crisp** is an almost-instant peach cobbler. Microwave the fruit, then sprinkle on the crunchy oat topping. (\$2.19)

**2. Angie's Sweet & Spicy Kettle Corn**, with paprika, cayenne and cumin, is light, crunchy and full of fiery flavor. (\$3.59)

**3. GoGo Squeez Fast Fruit** offers real fruit purees—like apple, raspberry and cranberry—in squeezable, resealable pouches. (\$3.49 for 4)

**4. NibMor Organic Drinking Chocolate** is a not-too-sweet cup of cocoa. Try it in mint, six-spice or traditional. (\$1.39 for a single-serve packet)

