

## | FRESH FINDINGS |

## Foods to Ward Off Garlic Breath

Garlic is delicious, but its dragon-breath aftereffects can last days. New research suggests certain foods may offer a remedy. Studies show that parsley, apples, spinach, basil and other phenolic-rich foods help kick garlic breath. The polyphenols (compounds that act like antioxidants) break down the smelly sulfur compounds in garlic. “But only when they’re mixed *with* garlic,” says Sheryl Barringer, Ph.D., professor of food science and technology at Ohio State. For the biggest benefit, combine garlic and one of these foods in the same dish; eating them in different dishes at the same meal might help too.

A new study suggests that milk is perhaps even more effective at banishing garlic breath—particularly if you drink it before or during a garlicky meal. Researchers found that milk offered greater odor-reducing effects for garlic breath than other foods previously tested—prunes, basil, burdock, eggplant and mushrooms. “The water [in milk] rinses the mouth,” says Barringer, “but it’s not just the water; it’s the fat.” That’s why whole milk was more effective than skim.

Can’t mix milk with your Asian stir-fry? Drinking green tea before or during a meal may also mitigate garlic breath, as the polyphenols reduce volatile sulfur compounds. —Amy Paturel, M.S., M.P.H.



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## High Protein, Weak Bones?

Your high-protein diet may help you lose weight, but it could also increase your risk of osteoporosis. Recent research in the *Journal of Gerontology* found that overweight postmenopausal women on a weight-loss diet who ate meaty, protein-rich diets lost bone density faster than those who consumed moderate-protein vegetarian diets.

In the study, one group of women ate a meat-free diet made up of 18 percent protein; another group followed a diet of 30 percent protein (from pork, dairy, egg and vegetarian sources). Both groups lost an average of 19 pounds over 12 weeks, but the meat-eaters lost bone density too. (The researchers examined the effects of protein from chicken and beef and found similar results.)

“Meat contains high levels of sulfur-containing amino acids that promote acid production, and that acid load may promote bone breakdown,” says Wayne W. Campbell, Ph.D., professor of foods and nutrition at Purdue. Postmenopausal women’s bone health is already compromised by a natural decrease in bone-protecting estrogen.

Campbell recommends that, for bone health, postmenopausal women get adequate, not excessive, protein—between 16 and 18 percent of calories (that’s 50 to 56 grams in a 1,250-calorie diet, which is about what the women in the studies ate), with an emphasis on plant-based sources. Top sources of plant-based proteins include beans, lentils, whole grains and nuts. —A.P.



**Too little vitamin D may raise the risk of depression,** suggests a study in the *Journal of Clinical Endocrinology & Metabolism*. Eat D-rich foods (fatty fish, shiitake mushrooms, milk). Talk with your doctor about taking a supplement.

Find recipes to help you get more vitamin D at [eatingwell.com/go/vitaminD](http://eatingwell.com/go/vitaminD).