

**Label watch**

## The lowdown on... HUMANE CERTIFICATION

When shopping for eggs, dairy products and meat, look for these labels from animal-welfare organizations for peace of mind! BY KATE PARHAM



**Certified Humane Raised & Handled (HFAC)**

**WHAT IT MEANS:**

HFAC oversees the treatment of farm animals to ensure that they are fed a nutritious diet without hormones or antibiotics, and are handled gently during processing to limit stress.



**American Humane Certified (AHA)**

**WHAT IT MEANS:**

The first animal-welfare program in the country, the AHA requires that animals never go hungry or thirsty, and have enough room to move around freely.



**Animal Welfare Approved (AWA)**

**WHAT IT MEANS:**

This is the only certification that guarantees that animals were raised outdoors on family-owned farms. Inspectors visit the farms and processing facilities to monitor conditions.



**Triscuit:**  
20 calories  
**Mini version:**  
5 calories

**Oreo:** 53 calories  
**Mini version:** 14 calories

**Reese's Peanut Butter Cup:** 105 calories  
**Mini version:** 18 calories

**Health hit**

## THE TRUTH ABOUT *tiny treats*

More and more miniature versions of your favorite snacks are showing up on supermarket shelves, but just because a single piece has fewer calories than its full-size counterpart doesn't mean you should feel free to eat them by the handful. "That kind of thinking can be a very slippery slope," says Brian Wansink, Ph.D., director of Cornell University's Food and Brand Lab, which studies the psychology behind the way people eat. "When snacks are really tiny, you can lose all concept of reasonable portion size and become more prone to overeat." In fact, when subjects in a study at

Wansink's lab were given mini candy bars, they ate 30 percent more candy total than when they noshed on regular-size bars. One probable reason: Once your snack tally gets into the double digits—a serving size of mini Triscuits is 28 crackers, compared to six regular Triscuits—it's easy to lose count altogether. Bottom line: If you're seduced by shrunken snacks (and who wouldn't be? They're so darned cute!), try portioning out a serving instead of eating straight out of the box or bag. It's the best way to keep from unthinkingly consuming too many minis!  
—NICOLE CHERIE JONES

**6. Q Kola** is all-natural cola taken up a notch with a spicy-sweet mix of cloves, coriander and citrus. (\$7.99 for a 4-pack)

**7. CedarLean Soups and Wraps** frozen entrées pair a soup, like lentil veggie, with a healthy, globally inspired wrap. (\$5.99)

**8. Heinz Tomato Ketchup Blended with Balsamic Vinegar** offers a fancy twist on the original—so good on steaks! (\$2.49)

**9. Jif Mocha Cappuccino Hazelnut Spread** is an inexpensive chocolate-hazelnut option. (\$3.99)

**10. Boomchickapop Sea Salt Popcorn**, made with sunflower oil and sea salt, is supertasty and only 35 calories per cup. (\$3.99)

