

# ALBUQUERQUE JOURNAL



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## fit REVIEWS



**Nut butter** packs a tasty solution

I love nut butters. I put them on everything from crackers to fruit.

The problem is that small quantities can be messy to transport. Not to mention the danger (for me at least) of a spoon paired with an open container of peanut butter.

Enter **Justin's**, a Boulder, Colo., company that puts about two tablespoons of peanut butter, including flavors such as honey, cinnamon and chocolate, in squeeze packs. Portability problem solved. Not to mention the portion control thing.

The "butters" are really good and come in jars as well as the squeeze packs. But I've found so many uses for the packs that I hardly buy the stuff in jars any more.

Available locally at Whole Foods, Sunflower Market and REI for about \$1 a pack. But you might as well buy a box of the packets because you're going to find that everyone loves them.

The chocolate almond butter and chocolate peanut butter launch this month. I tried the chocolate hazelnut butter and found it contained less sugar than Nutella, another brand of chocolate hazelnut spread. It also tasted more like hazelnuts.

The honey almond butter, I think, is about as good as it gets.

Each packet contains about two tablespoons, with about 180 calories.

'Overeating' says it's all a trick

David Kessler is a former U.S. Food and Drug Administration commissioner who has written "The End of Overeating" (Rodale Press).

In it he outlines the seductive and addictive effects of too much sugar, salt and fat causing what he calls "hypereating."

He comes down pretty hard on restaurant chains that he says basically formulate recipes for their foods to trick us into "craving" them and eating too much.

The book is educational in that it provides a scientific description of the biological and psychological basis of overeating.

It is an easy read and includes some interesting anecdotes.

As for "fixing" the obesity problem, most of his approaches aren't new.

However, it could prove inspirational for those who need help with making the changes needed to facilitate weight loss — moving more and eating less.