

LAB TEST

# HOLLYWOOD'S FAVE FOODS — ANALYZED!



THR sent three popular juices and three salads (with and without dressing) from top power eateries to Orange County's Certified Laboratories Inc. to test what you really are getting for lunch *By Jane Carlson*

## SALADS



HIGH IN CALORIES

**The Polo Lounge McCarthy Salad** This high-protein iceberg-romaine mix with beets, cheddar, bacon, eggs, grilled chicken and tomatoes has the town's elite sneaking back to the Beverly Hills Hotel. But with dressing, it has more calories, fat and sodium than a McDonald's Big Mac with medium fries. *Salad: 680 cal., 42 g fat, 1,422 mg sodium; dressing: 500 cal., 53 g fat, 51 mg sodium. MAKE IT BETTER* Say no to bacon, cheese and dressing; yes to boiled chicken, egg whites, squeezed lemon and olive oil.



**La Scala Chopped Salad** The Beverly Hills resto (Rob Moore is a regular) sells 400 of this lettuce/salami/mozzarella/garbanzo beans combo daily. Calorically high, the salad with dressing delivers more than twice the recommended daily intake of sodium. A Taco Bell Beefy 5-Layer Burrito with chips and cheese dip has fewer cal and less fat and sodium. *Salad: 600 cal., 41 g fat, 1,950 mg sodium; dressing: 390 cal., 33 g fat, 3,227 mg sodium. MAKE IT BETTER* Sub in chicken and oil and vinegar; skip the cheese.



**Cafe Gratitude Pure Salad** With a kale base plus avocado, sea palm, nori, carrots, green onions and almonds, the vegan spot's best-selling salad (Beyonce and Jake Gyllenhaal are fans) is packed with veggies — but with the garlic tahini dressing, it has more calories than Jack in the Box curly fries. *Salad: 140 cal., 149 mg sodium; dressing: 190 cal., 1,068 mg sodium. MAKE IT BETTER* Use lemon or olive oil as dressing, but “you need protein to make this a complete meal,” says meal coach **Kathy Kaehler**.

## JUICES

**Glow Bio Detoxifier** While free of sodium, this pressed or pulpless juice with pineapple, cucumber and mint has far more calories and carbs — though more vitamins and minerals — than a 12-ounce Coke. Heads-up to Glow Bio loyalists **Drew Barrymore** and **Channing Tatum**: Don't make it a meal replacement. “Juices are more of a snack due to lack of fiber and protein,” says Kaehler, also a trainer to **Jennifer Aniston**. *216 cal., 51 g carbs, 0 mg sodium*



**Kreation deStress** This concoction from the preferred juicery of **Kendall Jenner**, **Jessica Alba** and **Emmy Rossum** is a blend of strawberry, apple and coconut — but a Twinkie has fewer calories and carbohydrates. “Eating raw or cooked fruits and vegetables is the better option,” says **Zhaoping Li**, clinical nutrition chief at UCLA's David Geffen School of Medicine. *220 cal., 45 g carbs, 9 mg sodium*



For low-carb dieters, this juice has nearly a full day's worth of carbs with 45 grams.

**Pressed Juicery Greens 3** Kale, spinach, romaine, parsley, cucumber, celery, apple, lemon and ginger make up the juice (Pressed devotees include **Jennifer Garner** and **Zoey Deschanel**) with the fewest calories but most sodium among those tested. “When you consume too much salt, you put strain on your heart,” says Kaehler. “It can cause high blood pressure and, over time, heart disease or stroke.” *140 cal., 30 g carbs, 107 mg sodium*



This green juice contains nearly as much sodium as a serving of Lay's potato chips.

HIGH IN SODIUM

## L.A. TAP H<sub>2</sub>O IS A-OK

IT'S NOW ILLEGAL FOR RESTAURANTS TO SERVE tap water unless requested — but is it worth drinking in the first place? Yes. Whether in Koreatown or Bel Air, L.A.'s finest is quaffable and, because of its high total-dissolved-mineral content, healthier than such purified bottled waters as Dasani and Aquafina. Neighborhoods draw from different sources, but all water is treated the same, often exceeding state and federal standards (if your water smells or looks funny, check your pipes). “We test for over 200 contaminants and monitor daily,” says the LADWP's **Melinda Rho**. And consider any chlorine odor soon gone: Through 2017, LADWP is replacing the disinfectant with chloramine. “If you chill tap water, you won't be able to tell the difference between it and bottled water,” says Rho. “I guarantee it.” — LESLEY MCKENZIE



What's inside a humic and fulvic acid mineral capsule.

## What Are Humic Minerals?

DON'T LOOK TOO CLOSELY AT WHAT *THE SIMPSONS'* MATT GROENING AND HIS wife, **Agustina Picasso**, put in their water. Murky dropperfuls of humic and fulvic acid minerals (also in capsules) might not be pretty, but they purportedly remove heavy metals, enhance nutrient absorption, reduce signs of aging and build immunity, says their nutritionist, Body Ecology's **Donna Gates**, who also counts **Justin Timberlake** and **Jessica Biel** as clients. (Hollywood doc **Gary Cohan** says otherwise: “Herbal remedies do not work, and the data doesn't show anything.”) While pregnant with twins, Picasso took Gates' Ancient Earth Minerals, which are extracted from New Mexico mines. “The doctors were impressed with how strong the girls were,” says Gates. “The minerals have also been known to stop food cravings.” — J.C.

## Picks of U.S.' Only Water Sommelier

*Says Patina Restaurant Group's Martin Riese, 'Like wine, it's boring to drink the same water all the time'*



◀ **POST-WORKOUT:** **Gerolsteiner**  
“It's from Germany with a high TDS [total dissolved solids, or minerals, salts and metals] of 2500, which is what your body needs when you're exercising. No high-TDS still waters exist in America.”



◀ **WITH RED WINE:** **Fiji**  
“My go-to gourmand water with a super-smooth mouth taste. When drinking wine, I look for a water with a lower TDS — a high TDS is saltier and does not fly with tannins.”



◀ **FOR HANGOVERS:** **Vichy Catalan**  
“It's loaded with minerals with a TDS of 3050, which is what a body needs after you've been drinking. It's from Spain and has a strong taste and a Red Bull effect. You'll feel great afterwards.” — L.M.