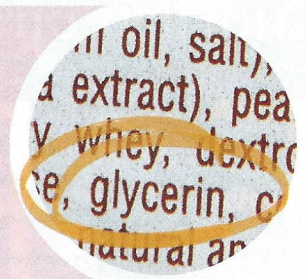


**Label Watch: Glycerin (Glycerol)**

**Typically Found In:** Salad dressings, low-fat baked goods, processed meat and more.

**What You Need to Know:** Glycerin is an ingredient in soap, but why is it in food? It's used as a sweetener, thickener, preservative and helps keep foods from drying out. The majority of glycerin in our food is made from vegetable oils but it's also made from animal fat and sugarcane. Studies on glycerin have found it's safe to consume in the amounts used in foods. —Martha Lee Anne Ryals, M.S.



## Pucker Up to Vinegar

Beyond its essential role in salad dressings and pickles, vinegar has some surprising health benefits.

By Gina Roberts-Grey

### Apple cider vinegar

Apple cider vinegar helped increase "good" HDL cholesterol in animal studies. Plus, it contains a polyphenol, chlorogenic acid, thought to reduce "bad" LDL cholesterol.

### Red-wine vinegar

Acetic acid, which gives red-wine and other vinegars their sour taste, helps you stay satisfied after eating by minimizing blood sugar spikes.

### Balsamic vinegar

The antioxidant quercetin, found in grape-based vinegars like balsamic, may help tame high blood pressure, says research in the *Journal of Nutrition*. It's in apple vinegars too.

### Rice vinegar

Vinegars contain phenols, naturally occurring plant compounds linked with reduced cancer risk. One type of rice vinegar, kurosu, boasts more than any other.

### Raspberry vinegar

A splash of vinegar may give your weight-loss efforts a small boost. People who added raspberry vinegar or apple cider vinegar to their diets daily for at least 4 weeks slimmed down more than those who didn't get vinegar.



Vinegar's not a magic elixir—but it may be able to help your waistline, cholesterol and more.

**D.I.Y. INFUSED VINEGARS:**  
Recipes to make them at  
[eatingwell.com/webextra](http://eatingwell.com/webextra)

