



## Know Thy Food

Ignorance isn't bliss, especially when it comes to the foods we put into our bodies. However, learning to truly decipher claims like "natural" and "hormone-free" can be daunting. That's why Stefanie Sacks' book, *What the Fork Are You Eating? An Action Plan for Your Pantry and Plate*, is worth a read. A professional chef and certified dietitian, Sacks helps readers navigate misleading food label terminology and shop better, all without scaring or shaming. Just the kind of spring cleaning we need. —Suzanne Rust, Lifestyle Editor

## DIGEST + CONQUER

The next time you overindulge, skip the medicine cabinet and hit the bar. Bitters—an ingredient in many classic cocktails—were originally imbibed by the ancient Egyptians as a digestive aid. In the early 1800s bartenders started incorporating them into drinks to soften the harsh taste of liquors. Now they're popular both for belly woes and as drink enhancers. Whenever I overdo it, Urban Moonshine's Organic Citrus bitters helps soothe my stomach. —Regina Ragone, Food Director

