

expert breakdown

SHOPPING FOR HEALTHIER JUICE

Juice labels are downright misleading, so we asked nutritionist Lauren Slayton of foodtrainers.net for tips on how to pick the good stuff. (Hint: Read the label on the back!)

DON'T BE SWAYED BY BUZZWORDS. Claims like "heart-healthy" or "antioxidant-rich" are regulated by the FDA—but that doesn't mean the juice isn't packed with sugar or other additives. Scan the nutritional panel to see how a product stacks up (pay close attention to calories and sugar).

MAKE SURE IT'S PURE. Steer clear of products with "natural flavors" (typically made with corn syrup), "concentrate" (highly processed juice that has more sugar than nutrients), artificial sweeteners and food coloring. If you want pure cranberry juice, the bottle should say "100 percent cranberry juice"—end of story.

BEWARE OF JUICE "COCKTAILS." Also avoid "light" juices and any that are described as a "drink" or "punch." These red flags usually indicate that a product has minimal fruit juice and lots of added sugar and artificial ingredients. —DAISHA CASSEL



ZIPIT 19106 PHILADELPHIA

Check out the spots that make Philly the birthplace of cool.

—DAISHA CASSEL



SEE Pack a picnic and join the sunbathers on the grassy lawns of Fairmont Park (*various points of entry, fairmountpark.org*). At dusk, find a cozy spot in Belmont Plateau to watch the sun set over the city skyline. **EAT** Cheesesteak is classic Philly, but Bliss (*220-224 S. Broad St., 215-731-1100*) serves up a tasty spin: cheesesteak empanadas! There's no Cheez Whiz in these deep-fried gems: the chef tops sautéed sirloin and onions with provolone and muenster cheese. **SHOP** Leave room in your suitcase (and stomach!) for a stop at the Reading Terminal Market (*12th and Arch Sts., 215-922-2317*), a historic farmers' market filled with stall after stall of gourmet goodies.