



# Inside

'For a truly healthy diet you need to eat a variety of vegetables and cereals, regularly, over a long period of time' **PAGE 12**



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## Our promise

Expert advice when you need it

Which? aims to help you choose the best goods and services – and avoid the worst. We're entirely independent – we take no ads, no freebies and everything we test is paid for at full price. Since

1957 we've informed, influenced and campaigned on behalf of all consumers in the UK.



### Best Buys

These are products that achieve high total test scores.

### Don't Buys

These are products that have performed extremely poorly in at least one of our key tests or that have achieved very low total test scores.



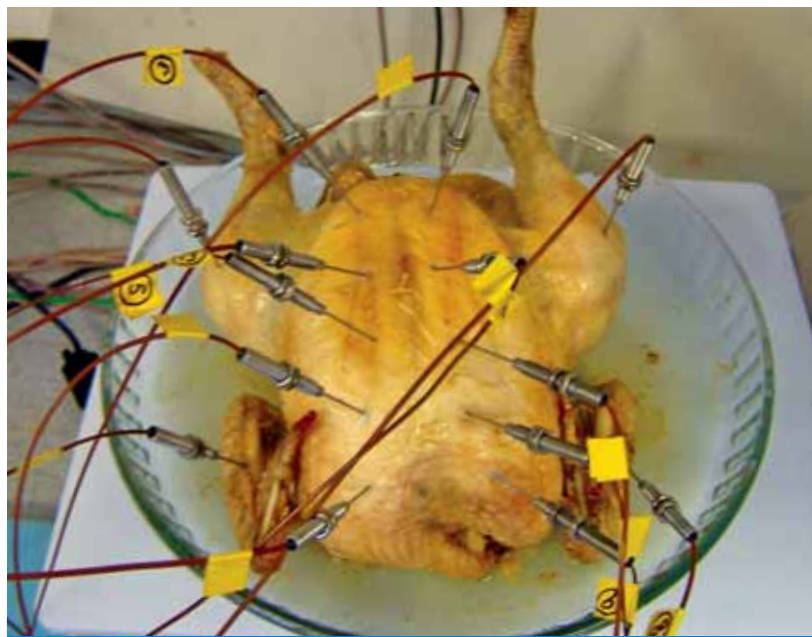
### Exceptional Value

Our coveted award is given on those rare occasions to products that are of both superb quality and outstandingly priced.



**MEMBERS' HELPLINE** Call 01992 822800/0845 307 4000 Email [which@which.co.uk](mailto:which@which.co.uk)

If you enjoy using a stovetop pan steamer, you might be thinking about upgrading to an electric model. Our advice is to think twice **PAGE 40**



**58** Measuring the temperature of microwaved food

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## Comment

# Obstinate Tesco

**B**ritain is facing a nutritional crisis. People are getting fatter; type 2 diabetes is rampant; and – for the first time in history – the next generation's life expectancy is predicted to be shorter than that of the current one.

We must all act – and the Food Standards Agency (FSA) has shown admirable leadership and common sense by producing an easy-to-understand traffic light labelling system which indicates levels of salt, fats and other constituents in products.

The system has been readily adopted by four of the big supermarkets: Asda, Co-op, Sainsbury's and Waitrose. M&S seems set to support it, too. Yet market-leader Tesco, which has done much over the years to improve the lot of the consumer, has shown unfortunate obstinacy in instituting its own labelling scheme that focuses on guideline daily amounts. Its stance seems to be encouraging some major food manufacturers, along with fellow supermarket chain Morrisons, to follow.

This is wrong. Rather than helping shoppers to understand which foods are healthier than others, it will lead to more confusion. Our research on p6 shows that the public finds the FSA's system easier to interpret.

Tesco argues that the FSA's traffic light system is too simple. We agree – for that is its strength. Consumers will not be swayed by any message that is too complex. Too much detail will do nothing to help the fight for a healthier nation.

We urge Tesco to change its mind. It should not underestimate its responsibility in this area. Our message is clear. We're giving Tesco our own red light on this – but we'd like to give it green.

## Mortgage savings for all

Mortgages need not be the burden many of us feel they are. Our article on p17 shows that switching can bring huge rewards. Shortening your term or making overpayments can also save you thousands. It's down to you. Ask the right questions, be prepared to move your loan, be brave – and then you'll save.

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UK ISSN 0043-4841

Printing Charterhouse Print Management

## THIS ISSUE IN NUMBERS

**170**

The number of kilograms of fruit and vegetables juiced for our report on juicers and smoothie makers. We raise a glass to our winners on p36 and p38.

**1,215**

The number of recordings our panel listened to for our test of headphones on p50. Our panellists' sound advice helped us in our quest for the best sets.

**89**

The number of minutes the slowest iron in our test on p54 took to cool down to a safe 35°C. If you think that's a long time, try this: the quickest took 51.