

Opening film in the 67th annual Cannes Film

CANNES, France – The Grace Kelly melodrama “Grace of Monaco” kicked off the 67th annual Cannes Film Festival on Wednesday with classic French Riviera glamour,

behind-the-scenes controversy and emphatic boos from critics.

BY Mengjie Li 110110125 class 2

As a movie lover, I like to focus on the major international film festivals. May each year, held

in Cannes, France Cannes International Film Festival is certainly a concern can not go. Cannes

International Film Festival was founded in 1939, is the world's most influential, top

International Film Festival, and the Venice International Film Festival, the Berlin International

Film Festival and International Film Festival called the three major European, the highest

award the “Palme d’Or Award. “This year is the sixty-seventh. At the Cannes Film Festival,

you can not only see a number of stars from around the world, and you can see a lot of good

films from around the world.

To speak for myself, I am most looking forward to is the festi

val's opening film. This year's

opening

film for the opening of the Grace Kelly movie musical "Princess of Monaco."

Surprising is that the film not only has the classic charm of the French Riviera, also attracted

controversy behind the scenes as well as from critics of hooting one.



The film, starring Nicole Kidman as Kelly during her marriage to Prince Rainier III of Monaco

(Tim Roth), gave Cannes some local Cote d'Azur color and star wattage for a flashy opening.

But it also started the 11-day festival on an unusually tumultuous note.

“Grace of Monaco” has for months been embroiled in a feud over the final edit with North

American distributor the Weinstein Co. It has also been criticized by the Monaco royal family

as inaccurate (The film, which chronicles Kelly’s retirement from Hollywood and adjustment

to life as a European princess, is labeled as a “fictional account inspired by real events.”)



But director Olivier Dahan ("La Vie en Rose") and Weinstein Co. cochairman Harvey

Weinstein swept their differences under the red carpet Wednesday.

After twice postponing its U.S. release, the Weinstein Co. will distribute Dahan's version

albeit for a lesser fee.

"There is only one version of the film," Dahan said, adding that at any changes would be

made mutually." There is no longer any dispute. We work well together."

Yet "Grace of Monaco" was met with some of the worst reviews for a Cannes opener

after screening for the press early Wednesday. The Hollywood Reporter called the film

"a stiff, stagey, thunderingly earnest affair which has generated far more drama off

screen than on."



Although the opening film at the Cannes Film Festival's "Princess of Monaco" received

a lot of criticism, But my favorite actress nicole kidman is in this movie, I also want to

see this movie. After all, the film's subject matter was quite interesting.

Fashion and Film – The Devil Wears Prada

In New York, the simple and naive just-graduated in journalism Andrea Sachs is hired to work as the second assistant of the powerful and sophisticated Miranda Priestly, the ruthless and merciless executive of the Runway fashion magazine. Andrea dreams to become a journalist and faces the opportunity as a temporary professional challenge. The first assistant Emily advises Andrea about the behavior and preferences of their cruel boss, and the stylist Nigel helps Andrea to dress more adequately for the environment. Andrea changes her attitude and behavior, affecting her private life and the relationship with her boyfriend Nate, her family and friends. In the end, Andrea learns that life is made of choices.

BY Mengjie Li 110110125 class 2

The Devil Wears Prada”this movie should be well known in fashion circles, it is also aggressively opened a new wave of fashion films. When you’re watching the film, you will find that the film is actually a very old-fashioned comedy department: A girl is named Andy who don’t know about fashion came into one of the world’s top fashion magazine. And then because she can’t stand here complex and sharp competition and leave. Even the ending, we can see that the film contains moral education which is indifferent to fame and wealth, Just put a fashion coat, but this coat was enough bright,

shining. The film's director and costume designs are famous fashion TV series "Sex and the City," the original cast, naturally have a more profound understanding of fashion, so they didn't put the film into the complation, people thought that sarcasm fashion superficial films. I think the director reflects on the fashion industry is very thorough and objective, not glorify nor vilify, just to show in the fashion industry to survive the objective living conditions of these people, and their actions are necessary in this industry or have to do so. So, in the movie premiere, when people thought that Anna Wintour would be angry yells, she openly, clad in PRADA clothing to the premiere, then in the newsroom big banquets, announced he will begin to write an autobiography.



The first half of the film, the more is the interpretation of fashion; latter part of the main heroine around the mentality change . I think this movie for carrying the contemporary clothing culture is not simply stay in the most popular for contemporary fashion show, but through the plot and characters of the language of the story, it had a profound interpretation. The audience at the same time indulge in gorgeous clothes for fashion also have a more profound and emotional understanding.



An important aspect of this episode is just entering the fashion magazine soon Andy casual attitude towards work annoyed Miranda, her acerbic language is not only a good lesson to Andy, but also let the audience for fashion and

people living rooms With a deeper understanding of the relationship. Fashion is live on picky. Don't put the picky as a fashion of original sin. Those designers, fashion magazine editors are very picky about detail, sometimes to the point of unbearable, but it is the professional requirements, their professional requirements they must do so. Fashion is a very delicate and sensitive art. It is inseparable from the excellence of detail, it have a popular saying: "Details determine success or failure," which is the survival of fashion rules.



After watching the film, I feel fashion is cruel, and it is forever young,. It is always reborn in a time-out, at this point, as the life, time will take away the innocent youth, But in countless setbacks, people will choose their own life, through life's glory days.

Take a long historical and magical journey in Shanxi

Shanxi is one of the birth places of Chinese nation. Except for the rich storage of coal resource, there are also rich in cultural relics and thus has much tourism resource. Shanxi is a province that has the most units preserved as national key historical relics in China. The abbreviation of Shanxi province is "Jin", because Shanxi province was the place where the Jin kingdom located 4000 years ago. Of course there are more things that you could pay attention to. If you want to travel to Shanxi, then the three places you would not want to miss.

By: Hanyu Qie 121106136 class 4



Taihang Great Canyon

Taihang Great Canyon

- Level of attraction: AAAA
- The best time to travel: May–October
- Opening time: 07:00~19:00
- Ticket price: ¥160(including sightseeing vehicle:60)



Taihang Great Canyon

The Taihang Great Canyon is located in Huguan County of Changzhi City.

First of all, I would like to recommend to you the Taihang Great Canyon. Because I grew up in Changzhi city, naturally, I often visit there.

There's only one path to get there. But on both sides of the road, there're mountains on one side while the other the cliffs. Every time I went there, I was so scared that I nearly had a heart attack. One of the main canyons—Wuzhi Canyons and one of 9 branch canyons—Hongdou Canyon are the most classical canyons that I ever visited. The water here is very clean, flowing all year round without stopping. And in Hongdou canyon, there are tens of thousands of Yew and they are so beautiful. The sceneries impressed me deeply when I was a child. And every time I go there, I would certainly shocked again and again by her beauty and mystery. However what shocked me is also that my classmates who lived there. When I was in high school, some of my classmates did come from the Taihang Great Canyon. They were boarding at the school, but

every Friday, school was closed early in order to enable the students could catch the last bus which destined for The Taihang Great Canyon—their home. At the meanwhile, the drivers always increase their bus for the students.

Honestly, all of these make people in the city have a lot of feelings.

A mountain Sacred to Buddhists—Mount Wutai



Wutai Mountain

- **Level of attraction:AAAAA**
- **Tip:Rent a car(It might a little expensive.)**



Mount Wutai

Mount Wutai is located in Xinzhou city, Wutai country. It is one of four major Buddhist mountain in China and one of five famous major Buddhist holy places. Mountain Wutai is one of the earliest places to build Buddhist temple in China. Since the Eastern Han years, the ancient temples built with magnificent pagoda and temples. All of those are the ancient architecture and cultural resources.

In addition to faith, many people go to Wutai Mountain has a very important reason: to make a wish. Mount Wutai is the first of China's four famous Buddhist mountains, and is one of the world's five major Buddhist mountains. It is not just the history of natural causes, but also because the Mountain seems to possess a power of magic: All most of the wishes people promised in Wutai Mountain are realized. It's so amazing.

Of course, I thought those wishes which are able to realize are practical. I wonder why this land is so amazing, but there are so many people with a pious heart to make a wish, and finally realized, which is why the Wutai mountain every year will attract so many Chinese and foreign tourists, the Buddhist believers to visit the mysterious land.

Meanwhile, Wutai Mountain as a great summer resort, if you also want to try this magical powers, you might walk in Wutai mountain, have a look, make a lovely wish. I believe that your wishes if strong enough, honest enough, they will certainly be

achieved.



THE ROOT

Root of China–The Grand Scholar Tree, Hongdong

- Level of attraction:AAAA
- Ticket price:¥50

Ancient Chinese Scholar tree, also called Hongdong Grand Scholar tree.

The big ancient Chinese scholar tree in Hongdong County of Shanxi is also a sacred place for people from central plains of China to seek their roots and worship their ancestors, because it once was a famous immigration site in the Ming Dynasty . The common saying “If you ask where my ancestors are , the big Chinese scholar tree in Hongdong County , Shanxi Province gives full proof ” can be used as an evidence of immigration history.



Ancient Chinese Scholar tree

There an ancient and interesting legend about the big Chinese scholar tree. When working with immigration, in order to distinguish clearly , immigration officers cut a knife in each immigrant's little toenails as a tag. From then on, therefore, people often say that whether their own ancestors are big locust tree immigrants, just take off your shoes and look at your little toenails whether it is divided in two. Haha, guess what? My little toenails just like this!

If you find yourself or your relatives or friends around are also under such a situation, just pack up your possessions and to hongdong big pagoda tree honor your ancestors, that's quite a good idea. And You will start a wonderful journey! Let's move!

[LINK: <http://www.shanxichina.gov.cn/zh/index.shtml>]

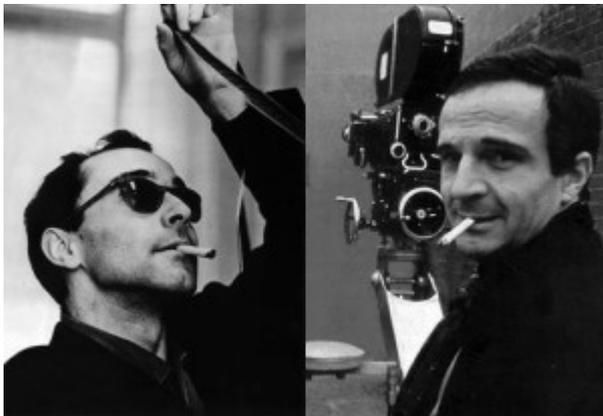
A movie, a history

By Mengdi Zhang 134302137 Class2

Jean Luc Godard is a famous film director and film critics in France. He has many excellent works in his whole life. But

HISTOIRE(S) DU CINEMA is called the portrait of his life. HISTOIRE(S) DU CINEMA by the eight film composition, are independent of each other and the concentration of high work.

We all know that the movie's development has experienced an extremely long process, and this is not an article or a book can say clearly. But there is a famous director in France, he put the whole film history as the theme to took a large movie works. He is Jean-Luc Godard, and this movie is HISTOIRE(S) DU CINEMA.



The film full of politics and art innovation. At the beginning of HISTOIRE(S) DU CINEMA was two famous remarks. One sentence

is "Don't change, because all things are in change" by a famous critic Brayson. Another sentence is "Regression is a difficult undertaking" by the poet Willy Gigli Lucius. Godard seems to be specially selected these sentences to make the best annotation for his legendary forward screen travel.

The film is divided into eight parts, are "1A, TOUTES LES HISTOIRE(S)", "1B, UNE HISTOIRE SEULE", "2A, SEUL LE CINEMA", "2B, FATALE BEAUTE", "3A, LA MONNAIE DE LABSOLU", "3B, UNE VAGUE NOUVELLE", "4A, LE CONTROLE DE LUNIVERS" and "4B, LES SIGNES PARMY NOUS". In 1997, they showed the 3A and the 4A in Cannes International Film Festival, caused great repercussions.

In the "3A, LA MONNAIE DE LABSOLU", Godard was critical of the events of nineteenth Century. Godard took us to find the past on 1942. "Trip to Italy", "Rome: the undefended city", "road", "Charlotte" and so on, these are the most classic of the Italy film that period. And the "4A, LE CONTROLE DE LUNIVERS" is a work To pay tribute to the great director Hitchcock. Godard thinks: those aspiring people, those people who dream of controlling the world, like Peter the great, the Sith, Napoleon, Hitler, they are not successful, and the control of the world is Hitchcock, because he created the myth of the films. All of his films are profound memory remain in the mind of the audience. From July to August in 1999, "CANAL+" for all of Europe showed HISTOIRE(S) DU CINEMA in public, caused a strong reaction in the whole of Europe. This is called the biggest event in 90 European cultural community.



Until today, this film still plays a great influence. We can enjoy the many excellent films through this movie. Of course, this movie will also become a bright pearl in the movie history.

[Link:<http://www.ifanshu.com/book/2270/67167.html>]

The difference in our two countries

The difference in our two countries is very much, in conversation, we are interested in Ireland, we think this is a very interesting country, we will plan a vacation trip to Ireland in the future.

by Naughty Girls class3

Today, we made a friend from Ireland, her name is Lauren. The first meeting, her eyes left me very surprised, because her piercing eyes are very beautiful.

We gave a talk about the difference between China and Ireland, she



is very friendly, the conversation between us went very well,

even though our English is not good

In conversation, we know that Lauren is a very independent person, maybe because the differences between the two countries, in their country, children at the age of 18 will have to face life alone, but in China, even after getting married, many youths like children still depend on their parents.

Especially when she said to travel, we are very envious and admire it, because she has money to buy a car, She can drive her car and travel to any corner of the country. It is very interesting and exciting I think.

Finally, the weather is also very different. In Ireland, almost every day it rains. She doesn't like rainy days because rainy days make people unhappy, especially in the rain. Our group of girls also don't like rainy days, but in China, though it doesn't rain every day, the rainy season is from year to year, and the time is longer, it makes people feel very anxious

The difference in our two countries is very much, in conversation, we are interested in Ireland,we think this is a very interesting country, we will plan a vacation trip to Ireland in the future. Lauren said she will come home soon, although we are sorry to hear the news but we hope she can come to China again in the future

www.shenghuo-zumc.comcategory/culture/

ELLE IS FASHION

ELLE, is a famous French fashion brand to fashion guide, is feminine, modern, positive, friendly, tide and full of life breathe.

By junWu 120307129 class3

The early 1980 s, is the famous French ELLE fashion magazine was born more than 40 years later, named after ELLE clothing brand was born, and then is given priority to with red, white and blue color, fabric with cotton as the core more.

vigorous, elegant, creative vitality and accessibility of the perfect combination: leading pop elements, and the unique seasonal trend, high quality, high price, variety of product selection, unlimited space for development, in order to satisfy the demands of fashionable woman is perfect.

All the articles in the magazine are about fashion.

<http://www.elleuk.com/>

Cheap self-help travel

As the saying goes: life is movement. Tourism is one of the best ways of movement. So how to save money to travel and can have a good tourism is particularly important.

By fangyuan Ma 130307217 class3

We can save money from three aspects: the transportation, the hotel and visit scenic spot.

First of all, try to walk, it doesn't make you spend money. If you are too tired you can take bus. Do not choose to take a taxi in a strange city, because you are not familiar with the local traffic, and are easy to be cheated. If you want to go to another city, choose to take a train rather than a plane, not only enjoy the scenery along the way but also can save the money.



The second point, the hotel can be booked online advanced, so that you can make sure to have a place to live, and can also save some money. You can travel also live in a reliable local people's home, or live in a cheaper and safe small hotel.

Finally, visit scenic spots you can go to those are free or buy group tickets. If you are a student can also bring a student id card, so that the ticket will be cheaper. Many a mickle makes a muckle, so you can save a large amount of money.

In addition to the three aspects that says above, there are also other aspects can save money, as long as we notice enough and have sensitive eyes, calculation of the brain, so that we will save unnecessary money.

Saving is a virtue, I hope you pay more attention in our daily life. Let's take a pleasant trip that can save unnecessary.

www.shenghuo-zumc.comcategory/travel/

The counteraction of foods

Do you know that when we are attracted by various delicious food , there are many of them can't be eaten at the same time . If you do eat two kinds of food which are being restricted , you might get food poisoning and even death .

By:Ke Cai 130111122 class2

Now I will show you some living examples to learn which food can't be eaten together and what would happen if you do so .

When you eat tofu , remember that you can't drink honey . If you eat them at the same time , you may become deaf . The honey also can't be eaten with onion cause the same reason . When you are enjoying chestnuts , you can't eat the duck . Or you may get food poisoning . There are some food eat together will cause the lighter consequences , like potato with bananer , tomato with mung bean , milk with orange and so on . I would show you some picture to help you remember them .



 【姜】 【蟹】	 【姜】 【瓜】	 【瓜】 【牛】
花生与火腿同食会导致腹泻。	花生与黄瓜同食会导致腹泻。	西红柿、令人腹胀气逆。
 【瓜】 【鱼】	 【西红柿】 【黄瓜】	 【西红柿】 【保温】
西瓜与虾同食会引起腹泻。	西红柿与咸鱼同食会产生致癌物。	西红柿与白酒同食会感觉胸闷、气促。
 【西红柿】 【豆类】	 【西红柿】 【胡萝卜】	 【西红柿】 【蟹】
西红柿与凉瓜同食会导致胃痛、喉干、腹痛、腹泻。	西红柿中的维生素C会被胡萝卜中的分解酶破坏。	西红柿与火腿同食会引起腹泻。

Of course , if you don't want to make these mistakes accidentally , there are some methods to Help you avoid getting food poisoning . At first , do not buy food that is not properly protected . Especially the raw food , you must ensure the safety of them . When you pick the vegetables , you can't just see the color and appearance , because it is likely that the results of a large number of pesticides . Next , you must follow the correct way of preserving food . The four principles for prevention of food poisoning are fresh, clean, is rapid, heating and refrigeration . Finally , learning what food can not be eaten together is very important .

All in all , the best way of avoiding food poisoning is keeping good eating habits . By the way, do you remember which food can not be eaten with tomato ?

Toxic masculinity in Breaking Bad

the bad guys in movie always have the distinguished but complicated personalities or backgrounds where always turns out to cause all the contradiction in the episodes.

By Xiaohan Wu 110307126 class 3



breaking bad

Today, people seem to get bored with classic hero protagonists, as there exists such a factory producing the same characters in an assembly line following the same routine. Surprisingly, bad guys often get the best lines and got sculpted into various shapes to make them more vivid, it's easy to write different bad asses in multiple ways and attract the audiences to seek the their minds.

Then "Anti-hero" idea was introduced into many episodes naturally when needed. Just as people would get tired of seeing saintly Melanie Wilkes 100 more times than selfish Scarlett from <Gone With The Wind>. And a upright Edgar is

always more vivid than his brother Edward in any version of <King Lear>. Our protagonist here, Mr Walter White, is a typical "Anti-hero" when we put him under the telescope observing the growth process of his evil deep inside.

In [breaking bad](#), what's worse could his situation be? A 50 year old man with no money, and plus he teaches chemistry in high school; a man with the pregnant wife; a man with the disability son; a man got diagnosed bad lung cancer. With nothing to lose but a family to support, he risks to cook with desperation. At first, he sacrifices himself for the whole family. But as his ambition goes bigger, the motivation has changed. Once, after his wife Skyler found out his business and started to worry about his safety, he however told her that he wasn't in danger cause himself was the danger. The beast had been waken up once he found out how brilliant he was as a meth cook instead of teaching a bunch of kids that don't care in high school, and dealt with tons of disasters that he had to go through. And moreover, his friend who lives a good life has taken the academic finding he could've made million with by his intelligence away. Every piece of under the satisfaction in reality plus the cancer adds up together leads his way of drowning down with even faster pace.

I remember 3 scenes that Walter White has become a totally different person that everybody knows and it shocked even the audiences: after the meeting of Walter White Junior's high school meeting, they had pretty wild sex in the car, Skyler asked why it felt so good, "Because it's illegal." Said Mr White; when he got a lot of cash in selling his pure meth, he straight went to buy a Chevrolet Camaro later to drift around with a twisted good feeling face; At his birthday party, he forced his own son to drink pure vodka shots after shots while Hank nearby kept telling him to stop. They all came from one reason: he wants to control his own life; he wants to be the man.

It also reflects on how he fought with another intelligent

business drug dealer Gus. They both wanted to come to power and use everyone who is still valuable, targeting on the goals accurately and executing the process perfectly to keep in balance. Once they are useless or the balance he created was broken, they became brutal by any means. Gus killed his own trusted man without blinking the eyes; Walter was unsatisfied with working under the dominance of Gus and finally murdered Gus. Afterwards, his came to power and he became the men he wanted to be rather than becoming the father that he ought to be.

It was the death of his D.E.A brother-in-law Hank Schrader reminded him who he truly is. Even though he did all the crazy things and still thought he did that for his family until then he witnessed his own family member's death personally even though "Anti-hero" doesn't want to; he started out the whole thing but got every thing out of control. Finally his family faded away and that's when he realized his credo collapsed, all he did before was just to fulfil his own desire. At last, we saw him telling the truth to Skyler through the phone that he did it for himself because he was good at it and he liked it after claiming 100 of times that he did it for the family.

Therefore, the ending sounds reasonable: he died for his own will instead of a normal pathetic mid-age man dying of cancer. Somehow he controls his own fate. "It felt right and satisfying and proper to us that he went out on his own terms; he went out like a man," Breaking Bad creator Vince Gilligan shared in a recent podcast, describing the death of Walter White in the series finale.

Let's eat something healthy!

Now people pay more and more attention to food diet, so what kind of food is healthy? Which are not so good for our body? In this story, we will introduce the following five kinds of healthy food to you:

By: Yi wang

134302149

class2

Eat This, Not That! This story has rounded up five of the most underappreciated and undereaten foods that can instantly improve your diet. Make a place for them on your plate, and you'll gain a whole new respect for the health benefits they bestow—from lowering blood pressure to fighting belly fat. And the best part? You'll discover just how delicious health food can be.

• Celery

Per large stalk:

- * 10 calories
- * 0 g fat (0 g saturated)
- * 51 mg sodium
- * 1 g fiber

This water-loaded vegetable has a rep for being all crunch and no nutrition. But ditch that mindset: Celery contains stealth nutrients that heal.



Why it's healthy

"My patients who eat four sticks of celery a day have seen modest reductions in their blood pressure—about 6 points systolic and 3 points diastolic," says Mark Houston, M.D., director of the Hypertension Institute at St. Thomas Hospital, in Nashville. It's possible that phytochemicals in celery called phthalides are responsible for this health boon, since these compounds relax muscle tissue in artery walls and

increase bloodflow, according to nutritionist Jonny Bowden, Ph.D., author of *The 150 Healthiest Foods on Earth*. And beyond the benefits to your BP, celery also fills you up with almost no calories.

- **Seaweed**



Per Tbsp, dried:

- * 20 calories
- * 1 g fat (0 g saturated)
- * 73 mg sodium
- * 4 g protein

While this algae is a popular health food in Japan, it rarely makes it into U.S. homes.

Why it's healthy

There are four classes of seaweeds—green, brown, red, and blue-green—and they're all packed with healthful nutrients. "Seaweeds are a great plant source of calcium," says nutritionist Alan Aragon, M.S. They're also loaded with potassium, which is essential for maintaining healthy blood pressure levels. "Low potassium and high sodium intake can cause high blood pressure," Bowden says. "Most people know to limit sodium, but another way to combat the problem is to take in more potassium." (Here's a cool hint: You can buy sheets of dried seaweed at Asian groceries, specialty health stores, or online at edenfoods.com. Use a coffee grinder to grind the sheets into a powder. Then use the powder as a healthy salt substitute that's great for seasoning salads and

soups—certainly beats the heart-harmful salt in any of these 20 saltiest foods in America.)

▪ Scallops

Per 1 ounce, steamed:

- * 31 calories
- * 0 g fat (0 g saturated)
- * 74 mg sodium
- * 6 g protein
- * 111 mg Omega-3 fatty acids

Perhaps these mollusks are considered guilty by association, since they often appear in decadent restaurant meals that are overloaded with calories. (But then again, so does asparagus.)



Why they're healthy

Scallops are more than 80 percent protein. “One 3-ounce serving provides 20 grams of protein and just 95 calories,” says Bowden. They’re also a good source of both magnesium and potassium. (Clams and oysters provide similar benefits.) Try them: It’s a fast, easy way to prepare them.

▪ Lentils

Per cup:

- * 230 calories
- * 1 g fat (0 g saturated)
- * 16 g fiber
- * 18 g protein

It’s probably no surprise that these hearty legumes are good for you. But when was the last time you ate any?



Why they're healthy

Boiled lentils have about 16 grams of belly-filling fiber in every cup. Cooked lentils also contain 27 percent more folate

per cup than cooked spinach does. And if you eat colored lentils— black, orange, red—there are compounds in the seed hulls that contain disease-fighting antioxidants, says Raymond Glahn, Ph.D., a research physiologist with Cornell University. Use them as a bed for chicken, fish, or beef—they make a great substitute for rice or pasta.



▪ Dark Meat

Per chicken drumstick:

- * 112 calories
- * 6 g fat (2 g saturated)
- * 14 g protein

Sure, dark meat has more fat than white meat does, but have you ever considered what the actual difference is? Once you do, Thanksgiving won't be the only time you "call the drumstick."

Why it's healthy

"The extra fat in dark turkey or chicken meat raises your levels of cholecystokinin (CCK), a hormone that makes you feel fuller, longer," says Aragon. The benefit: You'll be less likely to overeat in the hours that follow your meal. What about your cholesterol? Only a third of the fat in a turkey drumstick is the saturated kind, according to the USDA food database. (The other two-thirds are hearthealthy unsaturated fats.) What's more, 86 percent of that saturated fat either has no impact on cholesterol, or raises HDL (good) cholesterol more than LDL (bad) cholesterol— a result that actually lowers heart-disease risk. (The kind of fat you should really be

afraid of is trans-fatty acids. Avoid any items on our list of the trans-fattiest foods in America). As for calories, an ounce of dark turkey meat has just 8 more calories than an ounce of white meat.