

MISLEADING FOOD LABELS

When trying to make healthy decisions about what foods to purchase and ultimately eat, most American's rely on information found on the food label. Unfortunately, some labels can be very misleading and cause people to unknowingly make poor nutritional decision.

THE 20% RULE

Food manufacturers are only required to label their products within 20% of what is actually found in the food.

For example, if a product states it contains 100 calories, it COULD contain up to 120 calories.

Unfortunately, all of those "hidden" calories can add up over time and be very costly to a person's waistline!

DID YOU KNOW???

Ground beef labeled 85% lean is actually 50% fat.

Milk products labeled 2% fat are actually 36% fat.

HOW CAN THIS BE????? Dairy and meat/poultry products are allowed to be labeled according to **fat weight** rather than by the percentage of **fat calories found in the product.**

FAT FREE and CALORIE FREE

According to the rules and regulations governing food labeling, if a product contains less than 5 calories/serving, it can be called calorie free.

Also, if a product contains less than .5 grams of fat/serving, the product can be called fat free.

However, this is very misleading....most times they just reduce the serving size so it qualifies as fat free/calorie free. EXAMPLE - COOKING SPRAY



Serving Size = 1/3 of a second

Servings/Container = 702

Label states there are 0 calories and 0 grams of fat. BUT....a 1 second shot of cooking spray has 7 calories and .8 grams of fat.

The entire can of cooking spray (canola oil) contains approximately 1,638 calories.

WHOLE GRAINS

- The phrase "made with whole grains" means that a product may contain a little or a lot of whole grain – **no specified amount is required.**
- "Multi-grain" is a mixture of grains that can be mostly refined and have minimal nutritional value.
- If a product claims it is a "good source" of whole grains, it can have as **little as 8 grams of whole grains/serving.**