



Misleading food labels

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Misleading Food Labels

1. **All natural:** Don't be fooled, all natural doesn't mean all that much. The Food and Drug Administration doesn't define it, although food makers won't get in trouble if so-labelled food doesn't contain added colours, artificial flavours, or "synthetic substances."
2. **Multigrain:** When shopping for healthy bread and crackers, look for the words whole grain or 100% whole wheat. It's not enough if it says multigrain or made with whole grain. Whole grains, (which include popcorn, brown rice, and oatmeal), have more fibre and other nutrients than those that have been refined, a process that strips away the healthiest portions of the grain.
3. **Sugar free:** Sugar free doesn't mean a product has fewer calories than the regular version; it may have more. Sugar-free products have less than 0.5 grams of sugars per serving, but they still contain calories and carbohydrates from other sources. These products often contain sugar alcohols, which are lower in calories (roughly 2 calories per gram, compared to 4 per gram for sugar), but compare labels to see if the sugar-free version is any better than the regular version. (Common sugar alcohols are mannitol, xylitol, or sorbitol).
4. **Zero trans-fat:** Trans-fat is bad for your heart, and the ideal intake is zero. But products that say no trans-fat can contain less than 0.5 grams per serving. If a product says 0 trans-fat on it, it isn't actually at zero. If the consumer were to have two servings, then you would get a good amount added to your diet. Check for words on the ingredient list such as hydrogenated oils and shortening, which mean trans-fat is still present.
5. **Free range:** Although a food label may say free range chicken, don't assume your bird was scampering around. There are no requirements for the amount, duration, and quality of outdoor access. What it's supposed to mean is that they are out running in a field. But what it really means is they just have exposure to the outdoors.
6. **Fat free:** This is a notoriously misleading label. Just because it says it's fat-free, doesn't mean it is. Packages could say it's fat free, but be loaded with sugar, and sugar-free products could be loaded with fat. Check the label for calorie content, and compare it to the full-fat version.
7. **Light:** A food label may say a product, such as olive oil, is light, but manufacturers have been known to use the term to refer to the flavour rather than the ingredients.
8. **Cholesterol free:** Cholesterol free doesn't mean, literally, no cholesterol. Cholesterol-free products must contain less than 2 mg per serving while low-cholesterol products contain 20 mg or less per serving.

Recipe of the month

Evie's Eats

Yogurt, Chia Seed & Passion Fruit Delight (Serves 3-4)

Ingredients:

- 1/2 cup white or black chia seeds
- 3/4 cup water or coconut water (you can make it with milk, coconut milk or almond milk)
- 3 tablespoons Greek natural yogurt
- 1 fresh passion fruit

Method:

1. In a container mix chia seeds into the water or coconut water.
2. Store in an airtight container overnight.
3. To serve, put 1 tablespoon chia pudding into a bowl and 3 tablespoons of yogurt and fresh passion fruit.

Suggestions for serving: You can add honey, agave syrup or maple syrup. (I find it sweet enough without). Also try with different fruit like, peach, mango, banana, mixed berries etc



Quote of the month

A negative mind will never give you a positive life!



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Take control your life, be happy! – rock on!

Till next month... *Evie*