

For your Health and Wellness!

Lost in Translation

Check the fine print for these common food fallacies.

Bonnie Taub-Dix, registered dietitian, weight loss expert, and author of the new *Read It Before You Eat It* interprets the often-misleading markers on your favorite snacks.

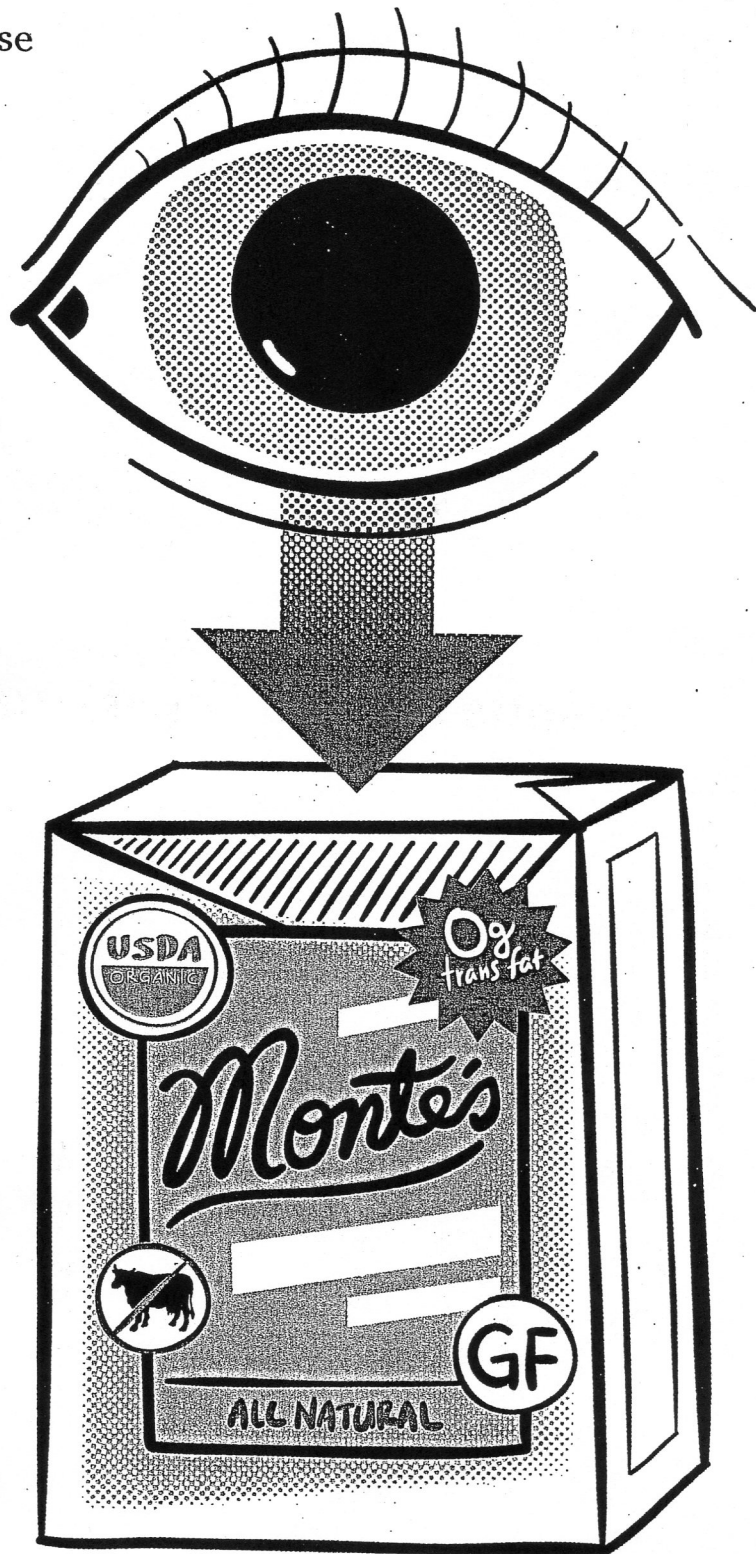
Catches Your Eye: 0g trans fat
Look Closer: Trans fat—up to 0.5 grams in each unreasonably tiny portion
Why: "This is a labeling loophole," says Taub-Dix. "Under FDA regulations, this claim is true even for products containing trans fat. Look at the ingredients on the back—if 'hydrogenated oil' or 'partially hydrogenated oil' are listed, it does have trans fat. Under current FDA regulations, manufacturers can include this label as long as the product contains less than 0.5 grams trans fat per serving."

GF **Catches Your Eye:** Gluten-free
Look Closer: Trace amounts of wheat protein
Why: "Even though a product may have been fine for your allergy before, manufacturers change formulas, and it may no longer be safe. If you have food allergies, check the 'May Contain' statement under the ingredients every time. The eight allergens manufacturers must acknowledge are: milk, eggs, crustacean shellfish, tree nuts, wheat, peanuts, soy, and fish."

Catches Your Eye: Vegetarian
Look Closer: A product that may contain fish
Why: "Vegetarians and vegans often look for kosher foods with the label 'parve'—meaning the product contains no meat or dairy products. What they may not realize is that these items can still contain eggs, fish, or honey."

USDA **Catches Your Eye:** All Natural
Look Closer: A definition meant for meat and poultry, applied to everything from potato chips to frozen yogurt
Why: "The USDA created this label for meat and poultry; it has not been defined by the FDA. If you see it on anything other than meat and poultry, it has virtually no significance. Sugar is natural, so it's OK to label something with a lot of sugar as 'all natural'."

Catches Your Eye: Organic
Look Closer: No information about nutritional content.
Why: "Many people feel 'organic' equals 'healthy.' Don't be fooled: 'Organic' only reveals how it was grown and processed; it doesn't communicate anything about the product's nutrients or whether or not it was grown locally. Thirty percent of 'organic' products are imported from China. The organic versions of some produce are better because inorganic produce is more likely to be contaminated with pesticides."



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