

Label Loopholes



Fat-Free Versus Regular Calorie Comparison

When choosing foods that are labeled "fat-free" and "low-fat," be aware that fat-free doesn't mean calorie-free. Sometimes, to make a food tastier, extra sugars are added, which adds extra calories. Be sure to check the calories per serving.

Sodium

When selecting lower fat products, try looking at the label for the sodium content. Often times food manufacturers will add extra salt, or sugar to a food that is low-fat to enhance the flavor of what you are eating. When you take out the fat, you are losing flavor. Food manufacturers want their product to still taste good so you buy it. Therefore, just because you are buying low-fat, doesn't necessarily mean that the product is healthy.

Serving size

The top of the Nutrition Facts Label shows the **servicing size** and the **servings per container**. Serving size is the key to the rest of the information on the Nutrition Facts Label.

The nutrition information about the food - like the calories, sodium, and fiber - is based upon **one serving**. If you eat **two servings** of the food, you are eating **double** the calories and getting **twice the amount** of nutrients, both good and bad.

If you eat **three servings**, that means **three times** the calories and nutrients - and so on.

That is why knowing the serving size is important. It's how you know for sure how many calories and nutrients you are getting.

Don't fall through the food label loopholes!

