

Title:

Reading Food Lables; Buyer Beware!

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771

Summary:

As you stroll up and down the isles at the supermarket filling your grocery cart, you are arme

Keywords:

fat-free

Article Body:

As you stroll up and down the isles at the supermarket filling your grocery cart, you are arme

According to studies, Americans eat around 49,000 extra calories every year which translates i

The problem is, while "fat-free" foods contain no actual fat, many of them do contain high amo

Here are some things that will help clear up the blurriness of labeling reading so you can hav

To start with, always read everything on the label. Do not just look at the fat content then c

Always compare the calories from fat to the total calories. Fat should not be higher than 30%

Look at the protein content and try to make sure there is at least a decent amount of it in th

Also important is to look for the fiber content of certain foods. When you buy breakfast cerea

Aside from reading the labels, you should also read the list of ingredients. Here is where you

One thing that gets hidden in the list of ingredients that you really need to be aware of is t

Always remember to read everything on both the nutrition label and the list of ingredients bef

The next time you go food shopping, take these tips with you and ensure yourself that you are

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