

Let's look at a popular low-fat turkey chili food label (see page 90). At a glance, it appears that this product has a good mix of the fuels we need. But a closer inspection reveals a very high amount of sodium and questionable ingredients. I'm not clear as to what "mechanically separated turkey" is, but the four-figure amount of sodium is very disturbing. Moreover, this value is only for one serving. If you were to eat the whole can (only about 380 calories) that would be 2,500 mg of sodium—the maximum amount you should have for an entire day!

I'm feeling thirsty just thinking about it.

**Fat-Free Turkey Chili Label:**

<b>Nutrition Facts</b>	
Serving Size 1 Cup (236g)	
Servings Per Container about 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 190	Calories from Fat 30 %
<b>Daily Value*</b>	
<b>Total Fat</b> 3g	5%
Saturated Fat 1g	5%
Cholesterol 75mg	25%
<b>Sodium</b> 1230mg	51%
<b>Total Carbohydrates</b> 17g	5%
Dietary Fiber 3g	12%
Sugars	4g
<b>Protein</b> 23g	
Vitamin A 25%	• Vitamin C 0%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Ingredients: Mechanically separated turkey, turkey broth, cereal (oatmeal, yellow corn flour), chili powder (chili peppers, flavoring), textured vegetable protein (soy flour, caramel color), tomatoes (water, tomato paste), sugar, salt, hydrolyzed corn, soy and whey protein, flavoring, autolyzed yeast, modified food starch, spice, monosodium glutamate.	

Processed products, whether they are low carb, no-carb, or sugar-free, have also fostered their share of misconceptions. They are not always as “low” or “free” as you are led to believe. Let’s scrutinize the food label shown here from a package of “sugar-free” chocolate chip cookies.

### Sugar Free Chocolate Chip Cookie Label:

<b>Nutrition Facts</b>	
Serving Size 1 Cookie (16g)	
Servings Per Container 12	
<b>Amount Per Serving</b>	
<b>Calories 50</b>	Calories from Fat 0%
<b>Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrates</b> 12g	4%
Dietary Fiber 0g	0%
Sugars	7g
<b>Protein</b> 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
INGREDIENTS: Sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate <vitamin B1>, riboflavin <vitamin B2>, folic acid), skim milk, corn syrup, fructose, cocoa* (processed with alkali), chocolate*, soy lecithin* (emulsifier), modified food starch, baking soda, corn starch, salt, potassium sorbate added to preserve freshness, artificial flavor. *Adds a trivial amount of fat.	

What confuses me the most about this product is the “sugar free” emphasis. I assume the point of these products is to minimize simple carbohydrates, but the label shows that half of the total calories are from enriched flour (number one ingredient) and maltitol (a “sugar alcohol”). The glycemic indexes for processed flour and maltitol are high (over 70) and both will influence carbohydrate metabolism and insulin release. Otherwise uninformed consumers might think that they can eat more of this product and still avoid the negative effects of consuming simple carbohydrates. The sodium content is disturbing and the rest of the ingredient list looks like a lesson from one of my old organic chemistry classes. There are also some of the unhealthy hidden items that we identified in the book.