

Eat Right For Life

EDUCATIONAL RESOURCE

Food or Lab Experiment?!

Processed foods comprise a significant portion of the American diet today. While they offer the consumer much convenience, they offer little in the way of healthy nutrition. Many of the most popular processed food items are made from ingredients that sound like they originated from a laboratory rather than a farm or orchard. Try identifying the food item by the ingredient lists below.

INGREDIENT LIST A: WATER, CORN SYRUP, HYDROGENATED VEGETABLE OIL (COCONUT AND PALM KERNEL OILS), HIGH FRUCTOSE CORN SYRUP, LESS THAN 2% OF SODIUM CASEINATE (FROM MILK), NATURAL AND ARTIFICIAL FLAVOR, XANTHAN AND GUAR GUMS, POLYSORBATE 60, SORBITAN MONOSTEARATE, BETA CAROTENE (COLOR).

INGREDIENT LIST B: SUGAR, CORN SYRUP, MODIFIED WHEY, COCOA, HYDROGENATED COCONUT OIL, NONFAT MILK, CALCIUM CARBONATE, SALT, DIPOTASSIUM PHOSPHATE, MONO- AND DIGLYCERIDES, ARTIFICIAL FLAVOR, CARRAGEENAN.

INGREDIENT LIST C: SUGAR, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, WATER, CORN SYRUP, CORN STARCH, ARTIFICIAL FLAVORS, MONO AND DIGLYCERIDES, CELLULOSE GEL, SALT, PROPYLENE GLYCOL, MONOSTEARATE, CARRAGEENAN, ARTIFICIAL COLOR RED 40 AND YELLOW 5, POLYSORBATE 80, POTASSIUM SORBATE, CITRIC ACID, CELLULOSE GUM, SOY LECITHIN, SODIUM STEAROYL LACTYLATE.

INGREDIENT LIST D: SUGAR, WATER, ENRICHED BLEACHED WHEAT FLOUR, PARTIALLY HYDROGENATED VEGETABLE OILS, HIGH FRUCTOSE CORN SYRUP, COCOA PROCESSED WITH ALKALI, PALM OIL, CORN SYRUP, SOYBEAN OIL, PARTIALLY HYDROGENATED VEGETABLE AND/OR ANIMAL SHORTENING, MODIFIED CORN STARCH, SOY FLOUR, DATEM, SODIUM STEAROYL LACTYLATE, CORN STARCH, MONO AND DIGLYCERIDES, SOY LECITHIN, LEAVENINGS, SALT, CALCIUM AND SODIUM CASEINATE, CELLULOSE GUM, XANTHAN GUM, POLYSORBATE 60, SWEET DAIRY WHEY, SOY PROTEIN ISOLATE, GLUCOSE, WHOLE EGGS, EGG YOLK, NATURAL AND ARTIFICIAL FLAVORS, SORBIC ACID.

Answers: A = Whipped Topping B=Hot chocolate mix C=Vanilla frosting in a can D=Snack cake