

"To Eat This Food or to Not Eat This Food? That is the question."

As apart of our on-going wellness communications, we will be sending out weekly helpful facts and tips about food and how your can choose which foods to help you eat healthier! The source of these facts and tips come from the book "Eat This, Not That!" written by David Zinczenko with Matt Goulding. Zinczenko is a regular contributor to the Today show and has appeared on Oprah, 20/20, and PrimeTime Live.

Facts of the week:

Fact 1: The Cereal Conundrum: "Lightly sweetened" - Example: Kellogg's Smart Start Cereal - the word "lightly" could mean 14 grams of sugar from 5 different sources, all which adds up to a cereal with more added sugars per serving than Fruit Loops, Frosted Flakes or Apple Jacks. Since "lightly" is not regulated by the USDA, it may mean just more added sugars.

Fact 2: The Fat Fake Out: "25% less fat than regular peanut butter" - Example: Smucker's Reduced Fat Creamy Peanut Butter - Smucker's has indeed removed some of the fat from the peanut butter, but they've replaced it with maltodextrin, a carbohydrate used as a cheap filler in many processed foods. This means you're trading the healthy fat from peanuts for empty carbs, double the sugar, and a savings of a meager 10 calories.

Tips of the week:

Tip 1: A cereal with less than 10 grams of sugar per serving (and ideally less than 5), with at least 3 grams of fiber. Look at cereal as a sugar-to-fiber ratio; you want a ration no higher than 2 to 1.

Tip 2: The real stuff: no oils, fillers, or added sugars. Just peanuts and salt.

Source: "Eat This, Not That!" by David Zinczenko with Matt Goulding

