

Foods That Masquerade As Healthy



- **Whipped Toppings:** (No sugar, less than .5g fat per serving)
They also have no nutrients-but do have many food additives and chemicals!
- **Fruit Drinks:** Read the label carefully. Though the “fruit” part of the name sounds healthy, they may have mostly water and high fructose corn syrup with as little as only 5% real fruit juice in the product.
- **Sports Drinks:** These drinks may not be as healthy as they sound. Check the label to see if they are mostly sugar.
- **Wheat Bread:** Remember that most bread is made from flour (which comes from wheat) so all bread—white or dark—can be called “wheat bread.” To make sure the bread you are buying is “whole wheat,” look on the food label to see if whole wheat is the first ingredient. Look for the phrase *100% whole wheat* on the package as well. Manufacturers sometimes make a bread look more like “whole wheat” by adding caramel coloring to make it darker.
- **“Whole grain” crackers:** Again, read the label carefully. If whole grain flour is not the first ingredient, the product is not high in whole grains. Remember— most flour, even white flour, is made from wheat. The words *wheat flour* do not mean that the flour is whole grain.
- **Energy bars:** These bars are often high in fat and calories. Look for a bar that has at least three grams of fiber and is fairly low in saturated fat and simple sugars—not always easy to find!



Take your time, read the food labels, and “unmask the Masqueraders!”