



What Did You Eat Today?

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Have you ever wondered how many pieces of chicken are in one can of Campbell's® Chicken Noodle Soup? Have you ever wondered how much fruit juice is in a Fruit Works® beverage? Well wonder no more! The answers may surprise you.

Let's start with Wheatsworth® crackers. With wheat in the title, wouldn't you expect wheat to be the main ingredient? Surprise! There is actually more white flour than wheat flour in these crackers.

Have you ever wondered how much of Nabisco Ritz Bits Cheese sandwiches is actually cheese? Surprise- three percent of these crackers are actually cheese.

Would you be surprised to learn that Quaker doesn't make "Strawberries & Cream", "Peaches & Cream", "Blueberries & Cream", or "Bananas & Cream" oatmeal? The "strawberries" and "peaches" are actually dehydrated apples that have been dyed peach and red? As for the "blueberries", they are actually dried figs that have been dyed blue. The "Bananas & Cream" flavor contains banana flake powder- about a teaspoon's worth. Ok- as long as we are being honest, there's no cream either. The "cream" is really a creaming agent made with maltodextrin, partially hydrogenated oil, and whey.

A beverage with a name like Fruit Works® contains fruit juice right? This beverage boasts of being "Naturally Flavored With Other Natural Flavors". This beverage is actually 95% sugar and water. It does contain five- percent pear juice plus vitamins, Red 40 and Blue 1 food dyes, and preservatives.

Finally, the infamous "chicken noodle soup". Have you ever tried to count the pieces of chicken? If you have, then it won't surprise you to learn that you can expect to find 1½ teaspoons of chicken -that's less than a quarter of an ounce of chicken in the entire can.

Become a label sleuth. Read the nutrition label and ingredient list. Look for foods that are high in fiber and made with whole grains. Look for foods and beverages that don't contain added sugar. Choose low fat products when available. And finally- remember the golden rule of nutrition- Moderation- Moderation- Moderation.

Food information taken from Nutrition Action Newsletter- July/August 2001