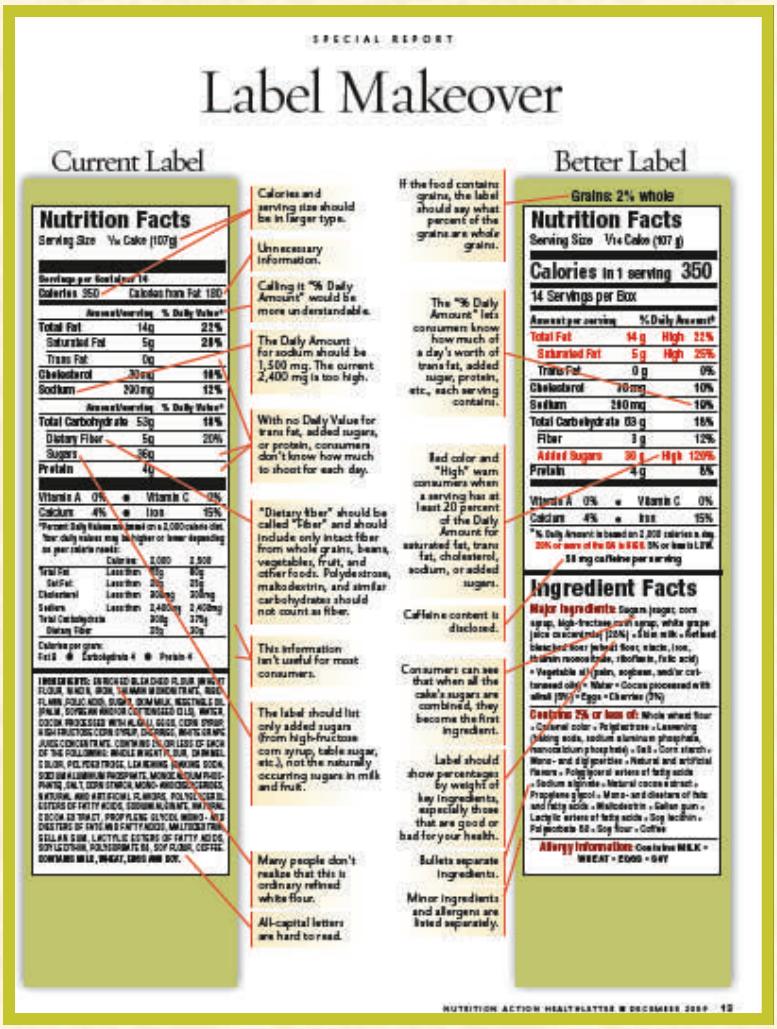
Ready for A Makeover? Nutrition Labels

Do labels confuse you? Deciphering nutrition labels may require a magnifying glass as well as a food science interpreter. The Center for Science in the Public Interest (CSPI) has proposed a makeover for nutrition labeling, including more emphasis on calories, added sugars, saturated and trans fats, and sodium. CSPI is also calling on the Food and Drug Administration (FDA) to crack down on deceptive health claims, to mandate the labeling of caffeine content, and to disallow companies from claiming that a product contains zero grams of trans fat if it is high in saturated fat.

See Larger Version Label @
cspinet.org/new/pdf/beforeafterlabel.pdf

CSPI legal affairs director Bruce Silverglade said: *"So many packaged foods are little more than white flour, fat, sugar, salt and additives in various combinations, yet they are marketed as modern-day medical miracles, offering vague benefits for virtually every part of the body."*

Making informed choices is important to today's health conscious shoppers. A simple, honest and efficient label makeover is an essential tool for building healthy nutrition choices for Americans. Check out the CSPI proposed label changes below to see if it makes sense to you.