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So welcome to today's webinar, I'm so happy that you joined me for this really interesting topic. I get a lot of questions about how do I know what things are healthy? How do I know where? What words on the packaging means actual health versus just marketing.

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So our our topic today is navigating the health food maze. My name is Christy Goff. I'm a registered dietitian with Pacific Medical Center, and I am so excited for you guys to be here today. I work again at Pacific Medical Center, doing individual counseling at the Lynwood, Northgate, Beacon Hill and Federal Way clinics.

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We also have primary and specialty care as well. And then the Living Well alliance, as you probably know by now, if you've joined these webinars, is a workplace wellness education program offering nutrition information because they know that it can be hard to come by, or at least very confusing if you're doing your own research and searches in

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that way. So again, feel free to pop questions in the comments. Sorry in the chat bar or the question answer bar throughout today's class. I want to make this interactive and knowing what you guys want to learn about two so we can redirect the conversation if needed.

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So our topics today include how to navigate through all of those food choices that we have such trouble at the grocery store with. We'll talk about who's regulating the claims and the labeling. We'll look at different words on packaging and how to differentiate between health or again, just a bunch of words.

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And then there's the is there a secret to beating the system? So we'll go through a couple techniques that we can utilize in the grocery store to make sure that we understand what we're getting into. And kind of a disclaimer knowing that even when we know everything about the labeling and some of the claims, it is still

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hard to resist those marketing claims. So I struggle as well with the many brands we have to choose from and knowing which one of their tastes the best or that's the healthiest for us. So in an effort to make nutrition slightly less complicated, we're going to go over some of the strategies to learn more about our food

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system. So first, we need to know a few key definitions so we aren't tricked into thinking things are healthier than they are. This is called having a health halo, which will mention in a couple minutes as well. So those key definitions will definitely try to go over today, and I'm going to send you some resources in your

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follow up email that go over exactly some of the definitions out there that you might want to learn. second, we need to understand the basics of nutrition. So think MyPlate guidelines. I talk about those a lot in my webinars, but we'll continue to have more balance and more whole foods that are nutrient dense that sometimes don't even

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have the label. So this can be really tricky because those aren't the sexy marketed foods that you see in the grocery store all the time. And lastly, a little boost to the already or the registered dietitian profession, knowing who the experts are in the field and trying to ignore a lot of the clickbait articles or sassy Instagram

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posts about certain brands being curious about what source the information is coming from, or even what that label means at the grocery store. So I'll share some embedded resources today as well as you can always ask me questions through email or again through the chat bar on this presentation.

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OK, so that brings us to our first polling question. Who regulates our food system? So I put a couple choices on there. You can choose the best one or the one that you think is the correct answer. And I'll just give you about 30 seconds to do this.

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I already gave you a hint that there's two key agencies. And we when we think about regulating the food system, I'm talking about the labeling, labeling claims, food safety, that sort of thing. Writes. I tried to trick you, but I didn't.

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I'm going to close that poll and show the results, you guys, all our rock stars, it's is the FDA and the USDA. So I'm glad you guys have heard of that one before. So the two, there's a few key players, but the two main organization within the government that's in charge of not only food safety but also

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food labeling. Is the FDA and the USDA there? That's good news, right? There's good news that someone is watching over the system. However, there are a lot of loopholes and misleading packaging that does still go on. So let's go over these and what they're actually doing.

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The first of the United States Food and Drug Administration or the FDA, they regulate all foods except your meat, poultry, eggs, and that is governed by the USDA. So because the wording on the labels influences customers choices, food label food labeling is still a very hotly contested under the law.

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And I think there's more and more research coming out about how that makes our decisions and what things can be actually said on the food labeling. So if you want to take a deeper dove, I did put a link at the bottom of your screen around the food labeling controversy, so to speak.

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The decisions that the government and individual companies make regarding food labels, our impact, our international trade sometimes and diplomatic efforts. So these are all going into that consideration when they make changes on the label. So like I said, that Link is pretty interesting to read more about these two organizations, but basically knowing that the FDA is regulating

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a lot of the labeling and the USDA is more of the agricultural trade. So meat, poultry, eggs, things that are alive at some point. So what other terms have you heard of, you can write these in the chat bar or the Question Answer tab and just give an idea, but these are just some of the labeling out

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there that can be really confusing, and many of them have blurry definitions. So they're not an exact science, right? They can lead to a lot of confusion and may may make things feel like they're healthier than they are.

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So coming back to that health halo effect, this refers to the act of overestimating the healthfulness of a food item based on a single claim, such as being low in calories or low in fat. Sometimes they'll add made with whole grains.

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That can be a really good sign, but it doesn't necessarily mean that it's healthier. Yes, gluten free is a really popular one right now. Someone just pop that in a chat bar and then no sugar added. Super confusing because it could still have natural sugars in it, and it definitely probably still has carbohydrates, which is just a

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different type of sugar. So, yes, some of these might look really familiar. And we'll go over some of them today, and if they have some merit to them, like the heart-healthy made with real honey, I mean, is there fake honey, right?

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So some of them are a little more confusing and more obvious than others. one word that's being contested a lot now is healthy. So there's always been a vague definition of what healthy food should look like, but now they're starting to put some concrete information around it.

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So now they look at healthy as being a natural food that's thought to have health giving qualities. The food contains vital nutrients, and it can reduce the risk for disease. But again, there's a lot of room for interpretation there, right?

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So they're starting to put some guidelines around it, the FDA, for example. So manufacturers are now able to use the word healthy on labels if their food meets these two main categories. They're not low in total fat, but the fat profile is predominantly the good fats, the unsaturated fats.

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And then secondly, they contain at least 10% of the daily value of either potassium or vitamin D. So these are definitely ones that we want to put in our diet. So they want to promote those as well. So here are just some interesting facts or summaries around that word, healthy.

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Another one that we see a lot is natural, right? I see this all the time. And it's what is natural, right? There's no formal

definition, but both the FDA and the USDA have policies again around natural food labeling.

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So they both provide provide that natural means that there's no artificial or synthetic ingredients. USDA specifically prohibits artificial flavorings or colorings in their food, as well as chemical preservatives. And the label must explain the use of the term natural so they can't just put natural without any explanation.

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It has to have something like no added coloring or minimally processed something like that. But again, not super specific so that it can go on a lot of different labeling without much explanation in that way. So those are just something to keep in mind.

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All right. So let me know if you have any questions about those specific words. We're going to switch gears a little bit and let's look at a few examples of why labeling is so confusing sometimes, particularly with that health halo and our knowledge of what healthy means or what we've heard to be healthy in the media.

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So there are these are just some examples of some breakfast foods that I'm going to put on your screen. So first up, is this granola? It's often marketed as a natural product, a healthy breakfast. It's made with whole grains.

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They're high in fiber, that sort of thing. However, what they sometimes exclude from the labeling is that they're high in sugar, fat and calories. So just a mere quarter cup portion size of granola is a very calorie dense.

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It's over 200 calories per serving. So again, it's not necessarily that there's unhealthy or no foods and then an alternative like super healthy foods. It's all about what we're thinking and how much of these products that we're eating and what our goals are right for nutrition.

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The second food I always like to bring up is yogurt, so this one's again marketing marketed as very healthy. This one says it's fit for the gods, so right away it's like, Oh, well, then this is probably delicious.

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This particular brand of yogurt has 29 grams of sugar. When you compare that to plain yogurt, that's about 20 grams more than plain yogurt. So plain yogurt has about six grams, and then this one has 29. While there's some benefit, you get protein, some calcium and probiotics.

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It's worth noting that when you eat that, it's really sugary yogurt with really sugary granola. It's about more sugar than a can of Coca-Cola. So right, you're trying to do two healthy choices. You're kind of susceptible to some of the marketing out there, as like high fiber, a really healthy for you.

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And then oops. Sorry. You end up kind of get giving into some of those gears. So I just wanted to bring those up. Additionally, and finally, I put on this reduced fat peanut butter on your screen because again, a lot of products emphasize taking out of these more demonized macronutrients, so fat being one of them that was

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really demonized in the early 2000s, even in the nineties, which I think we're kind of demonizing now carbs instead of fat. But some people still would think that, OK, this is reduce fat, it's reduced calories. This might help me with my count, with reducing calorie intake, for example.

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What what they don't tell you is that usually when they take out fat, they're adding what sugar, right? It has to still taste good. So it's still a lot of sugar in some of these alternative products that seem healthier or seem like the better choice.

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Sometimes they'll have more preservatives in them as well, so that you are actually getting more chemicals in your reduced fat products than if you just had the regular amount, but maybe a smaller portion. And all right, so I'm going to get to some of your questions are natural and organic different than.

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Yes, we'll go over what organic means in a minute. It's a much more standardized word that you can almost you can trust a lot more than the word natural. Natural is just kind of flung around. And if it has those general guidelines that we talked about, they can slap that on almost anything.

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So yes, there's a big difference between those two labels, and we'll hopefully go over those for you in detail. Another question is about clean eating. So if someone wants to start clean eating, what types of recommendations to start this type of diet?

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Usually when I think of clean eating, I think of coming back to less additives, more Whole Foods and that sort of thing. So cooking more frequently for yourself, using whole ingredients from the produce produce aisle and probably a lot less labeled product foods in general.

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And so if you buy yogurt, maybe it's plain yogurt. If you're buying peanut butter, or maybe it's ground up peanuts that you get from your local market. If it's granola, you're doing your own oats and putting your own nuts in it, so you're not adding as much of the additional products in it.

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So it's just by kind of reducing the amount of ingredients you're eating and just trying to eat back towards the Earth and less labeling. So maybe that's a way to skirt some of these definitions that you have to learn.

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Good questions. OK, so let's get into organic, because that one's a big topic. It's a big one because there's a lot of

discussion around it and there is some regulation that I want to go over. So the USDA organic designation refers to a very unique set of sourcing, growing, harvesting and processing methods.

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It does not necessarily mean that that product is healthful or more nutrient dense or safer. So it is really regulated on how it's grown, harvested, produced, but it's not a stamp of approval that says this product is healthier than the alternative.

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So I wanted to make that definition clear for the four for the first time. So as defined by the USDA, organic meat, poultry, eggs and dairy products are things that are coming from animals are given no antibiotics or growth hormones.

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Organic plant foods are produced without using most conventional pesticides fertilizers made with synthetic ingredient or sewage sludge. They're also not allowed to use any bioengineering, so GMOs that would be excluded in an organic label. I'm sorry you will not get GMOs in on organic label, and then you're also not get ionizing radiation, which is sometimes what they

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utilize for reduction of bacteria and plant foods. So there is a government approved certifier that has to go out to each farm that is considered organic or has that paid seal. So they have to pay for this to ensure that all of this many standards are met.

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This is done every year, every five years. It's it's variable depending on the operation and the size, but there is someone that is supposed to go out and check that all these standards are met before they're given that seal of approval.

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Some small farms won't necessarily have the organic symbol, even though they practice really similar to the standards, and it's mostly because it is an expensive seal to buy. So a lot of your farmer markets, you can actually ask them if they have organic practices, even if their food, they can't promote it as organic per se.

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So there's again, three levels of organic claims that they can put on food. 100% organic means that the products are completely organic or made of a complete organic ingredients. The words organic means that the product contains at least 94.5% of its ingredients for organic, so this would be like a box of crackers or cookies or something that

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says organic. They can have up to 5% of the ingredients being not organic, so very small, but just as a good f way I. If it says made with organic ingredients, these are food products in which at least 70% of ingredients are certified organic and then the USDA organic seal cannot be used if they just have those

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made with organic ingredients. So if you see that seal on your screen, it means that they're 100% organic or at least 95% organic. There is two links at the bottom of your screen because I always like to look at both sides of the spectrum.

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So we think of organic again as having like the best health qualities or the only way to shop for some of us. But there's some two sides of every story, right? So is organic better? There is a different.

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And so a very large corporate organic farm, for example, might have organic fertilizers, they might not they might do a mono crop that's used in a lot of conventional produce. They might not be taking care of the environment, as you do see with some of the smaller organic operations.

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So the YouTube video is kind of a fun watch of just going over things that organic farms can get away with and still have that seal. So it kind of depends on what you're doing for it. There can be still organic pesticide residue on your organic produce.

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So a lot of people choose organic because of the pesticides. And while this is a very reasonable claim, the FDA and the USDA do regulate how much can be on the actual food item of conventional produce. So they're still very safe to consume.

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Right? So it's not a matter necessarily of safety all the time. It's just your own comfort level with with some of those conventional pesticides versus organic passive pesticides. They're testing a lot of the products out there. So maybe not every conventional apple is tested for the pesticide residue, but quite a bit, and that's also regulated by the

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Environmental Protection Agency as well. The second article on your screen was a Seattle Times article done by a dietitian. I would say like two or three years ago, and it's just a nice informational story around those two sides of the spectrum and where we want to put our money towards, right?

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So it can be kind of this elite thing to buy organic. And she had to break that down to just show like where we might feel the drive to buy organic. What kind of organic places we're looking for and also some of the flaws of this organic label as well.

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So again, just two sides of the story. Let me know if you have any specific questions about that, but I'll point you to those two resources as well. So confusing right then, but in general, like I said, organic is much more regulated than the terms natural or healthy on packages, so you can feel assured that you kind

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of are getting what you're paying for in a sense. All right, so add those questions, and if you have them moving on to some of the nutrient content claims, so these are again words that people can put sorry, marketers could put on labels if they meet certain standards, so if they put high fiber on their package, it

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has to have at least five grams or more fiber per serving if they have a good source of fiber on their label. It means they have two and a half to five grams per serving. So this is a nice one to go check out if you have your kitchen handy.

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You can go grab a package and see if any of these are on it. So low calorie has a definition for it. Reduced either fat, sodium salts. All those things just means it's 25% of its original form, so it doesn't necessarily mean it.

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It's good for you. There can still be a lot of salt or a lot of fat in that food product, but it is 25% in the original. Whereas low sodium is way more regulated, you can only have up to 140 milligrams of sodium or less per serving.

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So this again, would be a better option if you are trying to find a low or follow a low sodium diet. And same with low fat and low cholesterol, they have to meet specific criteria. So again, you'll get these if you want to do your little kitchen hunt later, but it is interesting to see what kind of

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labels you didn't even realize were on your packages. This is one example of the low sodium where high the regular sodium has 920 milligrams per serving. The reduced salt, or the reduced sodium one, has 25% less, so it's about 575 milligrams per serving.

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OK, so those are things that they can definitely put on the package if they meet the criteria. Another thing that marketers can use is these approved health claims. So this basically describes a relationship between a food substance or a food component and the reduced risk of a disease or health related condition.

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And it's been researched. So that's the good news about this one. They've had numerous studies that confirm this relationship between a nutrient and an outcome. So they're very specific and you can't just slap anything on the label. And if they do and you might notice with supplements, they'll put a little asterisk and say this is not approved

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by the FDA. So that's when you can say, Hmm, are they doing their own testing? Does someone regulate this? Or are they just saying that because of one study that they found ten years ago? So again, all those asterisks do mean some things, so check them out, especially on the supplement labels.

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So these are just a couple of them. A diet high in our inadequate calcium may reduce the risk of osteoporosis. Sodium is definitely linked to increasing blood pressure. Fat and specifically a low fat diet may help reduce the risk of developing some cancer, and they have requirements.

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So it has to be a certain type of fat, the unsaturated, and it's a little bit more regulated than you might think at first.



Omega three fatty acids for lowering cholesterol and then the last one fiber containing fruits, vegetables and grain products, and it can lower the risk for cardiovascular disease.

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So again, these are the approved ones. There's some other ones, and I'll send you in the follow up email, but it's just interesting to know what's actually approved and what kind of willy nilly what people are putting on their packaging.

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So remember, fresh is best when there is a lot of words on a package that is enticing you to buy it because of the health benefits. Remember that the the less of a label the food has, the probably the healthier it is.

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So I always come back to this my plate when I get overwhelmed with what to choose in the grocery store and just trying to remember that the fruits and vegetables are minimally processed. You can go for that organic label, but again, most of them are very regulated for safety due to just testing over and over again the

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amount of pesticides on these products. Trying to do leaner proteins that are less packaged, so less sodium on on those, et cetera. And then again, grains. So finding the whole grain so it has more of the components of fiber and nutrients.

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I like to remind people that, and I definitely get basically I get confused just the same as you guys probably do in the grocery store, and I'm supposed to know all this stuff, right? So it can be really confusing when you're out there and those words are powerful for us.

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one question about organic, I just thought if the product comes in or is it shipped in from outside the US, is can it still be labeled organic? I will have to get back to you on that one. I'm not 100% sure, but I think if they sell it here, it has to have the same criteria that we

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use for some of those labeling. So they might have to say like not in the United States or not approved by the FDA, but I'll let you guys know that in a follow up email. Good question. So again, fresh is best, but sometimes knowing how to read the label can be really powerful.

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So there is a nice little label recap that you'll get in your follow up email. But these are just some of the things that I'll point out, too that are good to look for. So it's nice to first look at the serving size servings per container up here, because that's going to tell you the how much you're

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eating, essentially. So they can be tricky and manipulate some of the serving sizes to make the nutrition label seem really healthy. So, for example, Arizona iced tea always used as an example because it's 20 ounces, but they break up the label into three servings.

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Most people are not going to take three servings to drink that, but that drink. So the sugar content and the calories are a lot lower when you first just glance at it at the grocery store. The second thing I usually check is the ingredient list.

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So what is actually in this product that can be more telling than sometimes the nutrition facts themselves, then you might notice calories, fat, saturated and trans are less desirable types of fat. So usually if you're looking at the label, it will always label saturated fat and you can assure that the rest of the total fats are made

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up of those unsaturated. If these two are zero. Then you might notice the sodium, especially if you have high blood pressure or a heart condition. This is an important one to track. And then maybe you're looking at carbs and sugar, especially if you're dealing with diabetes or some kind of.

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If you want to focus on a weight management or something like that, that could be a good one. Proteins and interesting one, too, because that can help with blood sugar, that can assist with fullness and that sort of thing.

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So all of these can be really beneficial. And we're moving to this new label, it's been a very slow process. But notice the differences in the serving size amount, there are much larger, which is really helpful. You'll also notice there, including added sugars.

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So again, I just want to point out that total carbohydrates includes both fiber and sugars and added sugars. So these are all subsets of the total carbohydrate. So with people that have diabetes? Just read the total carb number.

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It will tell you some information about how quickly the carbs are digested in those subsets. But if you're just working on added sugar amounts, it is nice that they're starting to put those on the label and put an actual percent daily value on it.

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So typically, we want less than 10% of our total daily calories coming from this added sugar amount. OK, so any other questions about the food label? I'm hopeful that you guys have seen the new ones. I would say about 50 to 70% of labels are the new ones, but there's still some lag of getting everything transferred over

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. OK, one practice on your labeling here, and I'm going to pull up that second polling question, looking at the label real quick, what steps do you think is healthier? Maybe you're looking at the packaging and the labeling first and then diving into the actual food label.

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So what do you think is healthier terra chips or the classic ways? Again, I'll give you about 30 seconds to this side. OK, I'm closing up the poll things for those that participated. Most folks did say they think Tara is healthier versus.

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But let's take a closer look. So it's a little bit of a trick question because it kind of depends what your goal is for these snack foods. If you buy the Terra exotic potato chips with sea salt, it does sound healthier, right?

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Just from than sorry from the normal marketing standpoint. However, when you kind of dove into the actual nutrition labels, they're pretty similar. Right? So ten grams of fat versus nine grams one isn't really going to make or break your diet.

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There's only ten more calories in leaves, and they're both for about an ounce of chips. So we know that their food labeling are pretty similar. They both have 15 grams of carbohydrates. So again, with someone that focusing on carbs, this wouldn't necessarily matter.

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Sodium is a little more significant because there's 1:15 in the Terra chips versus 170 in the Lay's, so that could be a good thing. But again, not like a huge, huge percentage difference. And then if we look at the fiber, we get one more gram of fiber but one less gram of protein than the Lay's.

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So again, there's not a clear answer to this, and that's the point of this exercise to say, typically we're going to go over towards the Terra because of some of the marketing. And what we kind of have an assumption around regular potato chips.

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But if I find someone bought the Terra and are eating twice as much because it's not very satisfying and they really just wanted the Lay's, then you can kind of weigh the health benefits of, Oh, I actually just eat more of these because I was looking for the flavor that I wanted from the Lay's chips.

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So keep that in mind when you're trying to buy healthier items. See if you're just going to eat more because of that lack of satisfying or less of satisfaction, essentially. And this is another example, and these have a little bit bigger differences, but skinny pop versus regular microwave popcorn, you might automatically assume skinny pop is better.

00:33:30:09 - 00:33:51:05

Unknown

It is a little bit. But again, it's kind of about what your goal is. So the skinny pop and the regular popcorn have about the same amount of fat. About the same amount of calories, there's actually 30 more calories in skinny pop when you compare it to the secret popcorn.

00:33:52:00 - 00:34:09:02

Unknown

The ingredient list is going to be a little less extensive and skinny pop. So I put those up there, right? There's definitely more ingredients in the secret. Probably all that movie theater butter, right? It's like, what is that made of carbs again, is pretty similar.

00:34:09:07 - 00:34:32:10

Unknown

Salt is significantly higher in this bottom one, but otherwise not a huge difference. And we sometimes buy these products hoping that they're giving us different benefits from it. I want to point out that sometimes the words organic can be placed on things that already are or non-GMO.

00:34:32:11 - 00:34:52:22

Unknown

Let's let's talk about that one for a second. So a non GMO products, all organics are non-GMO, but most there's certain ingredients that are just naturally non GMO and one of those being popcorn. So even if they say non-GMO for the skinny pop versus the pop secret, knowing that they're both not GMO is something that they don't

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Unknown

necessarily tell you. And same with Gluten-Free that one can be on things that are just naturally gluten free. Maybe to try to make that health halo, to try to get you to buy essentially. All right. So just some examples of labels and how you can start to pick apart, whether you want certain things in your product and

00:35:15:22 - 00:35:29:13

Unknown

what you want to pay attention to. So someone was saying that palm oil is not great. Yes, that could be something that you focus on with avoiding in your ingredient list. It's definitely something they farm in the Amazon health.

00:35:29:13 - 00:35:46:08

Unknown

Benefit wise, it's typically more saturated fat contained, so it might not be the best oil when you compare it to like an olive oil or something like that. And then same with artificial flavorings. Maybe you're more sensitive to those.

00:35:46:08 - 00:35:59:21

Unknown

Maybe you want to put your own melted butter on top of it so that you can avoid those. So those are all things you could consider as well. Top secret has unpacked and popped, wouldn't someone be more likely to eat pork?

00:36:00:04 - 00:36:15:01

Unknown

Yes, I think it's just for the measuring purpose because usually when they take it out of the package, you're measuring the unpacked and then not necessarily measuring the pop. So I think that's why they do both. But I would hope that no one's eating their popcorn and popped.

00:36:15:08 - 00:36:31:05

Unknown

That would be quite hard to digest on their on their system. Yeah. Good observation. All right, so lastly, I wanted to talk a little bit about some of the dates on packaging because this can be another really confusing topic.

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Unknown

I think the last time we did this presentation, I added this because I got so many questions around like, what is all of this mean? The difference between, say, expired use by Best Buy and you're not alone. We always get questions on this, no matter how defined they are.

00:36:50:15 - 00:37:05:19

Unknown

So I'm going to put another link and some resources around this and your follow up email. So these are the definitions of some of the dates on packaging sell by when the grocery store must sell to ensure peak freshness.

00:37:06:02 - 00:37:23:03

Unknown

So sell-by does not necessarily mean the product is bad. It just means that's when the flavor is going to be the best, best if used by highlight when the food is at the highest quality. So most of these dates are around the quality of the food and not the safety of it.

00:37:23:24 - 00:37:38:03

Unknown

Pack date used for foods when they have a longer shelf life and they want to know when it was packed on so that one is less used, I would say in general, but that is just something to know if you see that on a label.

00:37:38:15 - 00:37:57:11

Unknown

And then the expiration indicates the last day of food should be eaten, according to the manufacturer. So this one's a little bit more around food safety, and it's usually included on things like dairy products or eggs, things that kind of have a life and you always want to use your best judgment, not always rely on these packing

00:37:57:11 - 00:38:22:10

Unknown

dates because maybe storage wasn't correct. Maybe there is mold growing on it. So obviously, we're being smart about those things as well. Yeah, so I'll put a little definition page together for you and the follow up email and knowing again, most of them are about quality and not safety can be good.

00:38:22:11 - 00:38:40:07

Unknown

Still, a year after purchasing, so if it's like true maple sirup that should be refrigerated and that definitely can mold. So you want to just check to make sure that it still smells pleasant and that there's no mold or any kind of weird things happening to it.

00:38:40:17 - 00:38:57:20

Unknown

If it's more of the processed sirups, it's kind of again up to you. Look at the label and see if there's any dates on it. If it's a year past the sell by date or the best if you use by date, I would say that's probably a good reason to get a new one.

00:38:58:07 - 00:39:14:21

Unknown

A year after that quality was the highest means that your product is not going to be, like, very tasty or have the same properties as you might want. So again, it's your own comfort level for that. I see some people all the time like donating expired foods.

00:39:15:17 - 00:39:32:20

Unknown

If it has any major holes or dents in canned products, those are good reasons to get rid of them as well, because that could indicate, like some bacterial contamination inside of it. And any other questions about the sell or dates on packaging in general?

00:39:42:19 - 00:39:58:12

Unknown

OK, there's food safety dot gov. That can be a good resource to eat when in doubt. Also, if you have any doubts about the food product, if it's been in your cabinet for a really long time and that again, when in doubt, throw it out.

00:39:58:15 - 00:40:18:14

Unknown

The mantra comes into play and you can make sure again that you're smelling things, tasting it, seeing if the quality is even there. I've had people talk about taco spices or those taco kits that have been in their cabinets for years, and while they might be safe to consume, it probably isn't going to be very flavorful after

00:40:18:14 - 00:40:37:04

Unknown

a while. All righty, here is one of the links that came up on your screen that you can look at all these different depth definitions and try to kind of figure out what actually matters. Are there some products that last forever?

00:40:37:20 - 00:40:58:22

Unknown

Safety wise, yes, but I would say, like quality and peak freshness, probably not. Dried beans can last for a very long time. As long as they're stored properly and that goes to say a lot of canned goods can be utilized a long, very long after their best use by date to.

00:40:59:11 - 00:41:18:01

Unknown

But yeah, I would kind of point you to that website if there's something in particular that you have in your kitchen that you're wondering about just to see if they're truly lasting forever. Hey, that brings us to the end of the presentation, I can take a few more questions if you have them.

00:41:20:03 - 00:41:42:13

Unknown

Again, it can be a really confusing topic to dove into, and I hope that if you have resources or questions, you reach out to me via email. You'll also get that follow up email as well. OK, so is there any brands that you recommend for supplements like protein powders or vitamins?

00:41:42:21 - 00:42:01:19

Unknown

Yeah, this can be a really sensitive topic as well for labeling and marketing. So just note that anything that's considered a supplement is not regulated by the same standards that the FDA uses for food. So all of those labeling are less inclined to hold up.

00:42:02:05 - 00:42:16:03

Unknown

And that's why you see a lot of asterisks like not approved by the FDA, et cetera. So it kind of just depends on what you're looking for. I would advocate for you to do your own due diligence and again, look for additives.

00:42:16:03 - 00:42:30:07

Unknown

If you want to avoid those and see if you can get those out of your vitamins and protein powders. Look at the sugar content and the labeling. Sometimes the more broken down a protein powder is, the more it's going to be beneficial for digestion and absorption.

00:42:30:16 - 00:42:48:22

Unknown

So kind of considering those things can be helpful. I always like to go for like an unsweetened protein powder so that you can mix your own sweetness into it and own flavorings into it. I know sometimes they're very chalky and not very flavorful, but maybe you don't even need protein powder.

00:42:48:22 - 00:43:08:23

Unknown

Maybe you can find a natural source of protein to add to things like smoothies and soups. If you are really trying to do that, clean eating or get away from some of the marketing. And same with vitamins, they usually have some seals of

approval for third party testing that notes that, OK, we're not totally regulated by the

00:43:08:23 - 00:43:24:14

Unknown

FDA, but they are getting tested by another source that isn't their own company. So that can be one that you could call the company or just look for that on the seal. And it will say third party tested, and there's a couple brands that do that.

00:43:27:20 - 00:43:47:18

Unknown

Any other questions around labeling? Or is grass fed beef better for you? So this is a regulated term, so the beef or the cow? Sorry, the cow has to be grazing a certain amount of time for it to be considered grass fed beef.

00:43:47:18 - 00:44:02:02

Unknown

And there are some nutritional differences. So grass fed beef tends to have lower saturated fat and more omega three fatty acids in them. It tends to have a little bit higher of nutrient density because of what the cow is eating.

00:44:02:10 - 00:44:18:06

Unknown

So again, it's not a make or break, but sometimes that can be more of an environmental concern. Using beef from a farmer market is likely going to be more grass fed and less of this conventional farming. So it could be about animal cruelty for you.

00:44:18:07 - 00:44:32:02

Unknown

There's a lot of reasons why you might go towards that grass fed. But yes, it is regulated. I'm also sending you a great handout on eggs and what all the labeling for eggs mean, because that always throws me for a loop, right?

00:44:32:10 - 00:44:48:03

Unknown

So what exactly? Cage free means pasture raised. There's so many other ones, like omega three rich ones, they'll go over all that in your handout. Great, any other questions?