

Name _____
Honors Chemistry

Today Show—Are Food Labels Lying to Us?

Procedure:

Numbers can be very deceptive. First determine the actual amount present in all foods tested.

Claims made on the show

Name	Value on Label	Percent off	Actual amount
Healthy Choice Beef Merlot	5 g of fat	17% less fat	
Lean Cuisine Grilled Chicken Primavera	260 Cal	19% fewer calories	
Lean Cuisine; Grilled Chicken Primavera	4 g of fat	20% more fat	
Lean Cuisine Rosemary Chicken	6 g of fat	60% less fat	
Weight Watchers; Smart Ones Shrimp Marinara	190 Cal	10% more Calories	
Healthy Choice Lobster Cheese Ravioli	5 g of fat	17% more fat	
Smart Ones Sweet and Sour Chicken	210 Cal	11% more Cal	
Smart Ones Sweet and Sour Chicken	2 g of fat	350% more fat	

Food values are allowed to be 20% off of the label. Provided the average caloric count of any given meal is correct. This show found that Smart Ones Sweet and Sour Chicken was over on both calories and fat, does that mean you should always avoid that particular product if you are trying to lose weight and instead choose the Beef Merlot that was less than the values printed on the label? Fully explain why or why not.
