Reading Labels and Eating Out

Educate Yourself,
Reading Labels:

Being able to decipher labels is an important part of getting healthy.

What does “bioengineered” mean?

What does “all natural” mean?

Are any of these legitimate?

Organic Certification … and Beyond

Certified Organic
Allows imported organic fertilizers
Allows imported organic pesticides
Does not require the use of livestock
Does not address the rotation of crops
Organic feed for livestock can come from anywhere in the world
No requirement for biodiversity
Focused on crops and allows only one section of a farm to be certified
Product certification focuses mainly on ingredients used

Certified Biodynamic®
Reduces imported materials by utilizing nutrient-rich humus created within the farming system
Creation of biologically diverse habitat encourages balanced predator-prey relationships
Integrates livestock to improve soils
Promotes crop rotation and makes intensive use of cover crops (green manure) to add nutrients to the soil
50% of livestock feed must be grown on the farm
10% of total farm acreage must be set aside for biodiversity
Focused on farms and requires that the whole farm be certified
Product certification uses 12 biodynamic processing standards so the agricultural ingredients used define the product

Is the organic label something we can trust? Watch the video here from Ashley Armstrong.
https://www.youtube.com/watch?v=Q9wvL24CpCg

But is there more to look at?
Certified organic still allows pesticides and fertilizers.

What about the final product?

Enter … **DetoxProject.org**

THE DETOX PROJECT®

DetoxProject.org

Glyphosate Residue Free certification verifies that your product/s do not contain the World's most used herbicide. Glyphosate Residue Free certification is growing fast in the U.S. and around the world.

A third party ISO 17025 accredited laboratory will test your products to make sure they do not contain glyphosate residues.

What they certify:

- Single Ingredients from Suppliers
- Single-Ingredient Food and Supplement Products (products sold to consumers)
- Multi-Ingredient Food and Supplement Products (products sold to consumers)

To be certified Glyphosate Residue Free, your product/s must have no glyphosate residues down to government-recognized limits of detection (LODs) for food, commodity and supplement samples (usually 0.01 ppm), and lower levels than default government Maximum Residue Limits (MRLs) in the European Union and Japan.

Organic, Non-GMO Project and **CleanScan** are complementary certifications. However, it is important to understand the following:

a) USDA Organic certification does not ensure contaminant free food due to poor supply chain testing standards. USDA Organic certification is also not based on testing of the final food product for toxic chemicals – consumers have been asking for final product testing for many years and CleanScan is providing this!

b) Non-GMO Project certification tests for GMOs in the supply chain but does not test for toxic chemicals.

c) CleanScan also has lower contaminant residue limits than USDA Organic certification in most cases, e.g. USDA Organic certification has a pesticide residue maximum limit of 5% of the EPA or FDA tolerance level – in some cases this is relatively high. CleanScan certified product/s must have no pesticide residues down to government-recognized limits of detection (LODs) for food, commodity and supplement samples (usually 0.01 ppm). (Certification costs $1,900 per year in total. This flat rate fee for as many products as you wish to get certified.)

Gold Standard Detox certification verifies that your product does exactly what it claims, namely to detox specific environmental toxins from the human body. The Detox Project reviews third-party clinical trials to verify specific detoxification claims, before issuing Gold Standard Detox certification for a product. ($9,500 per item)

Glyphosate levels in common restaurant foods.

and …

AMPA
Aminomethylphosphonic acid (AMPA) is a chemical that forms when soil microbes break down glyphosate.

AMPA can also form when plants or microbes in the intestines of animals metabolize glyphosate.

AMPA has toxicity which is comparable to that of glyphosate and it is therefore considered to be of similar toxicological concern (harmful in greater than 0.5 parts per million) as glyphosate itself.

Wikipedia.org

0.001 ppm = 1 ng/g

So the Subway Veggie Delight Footlong is 298.61 ng/g which converts to 0.298 ppm

But – "considered to be of similar toxicological concern" BY WHOM?

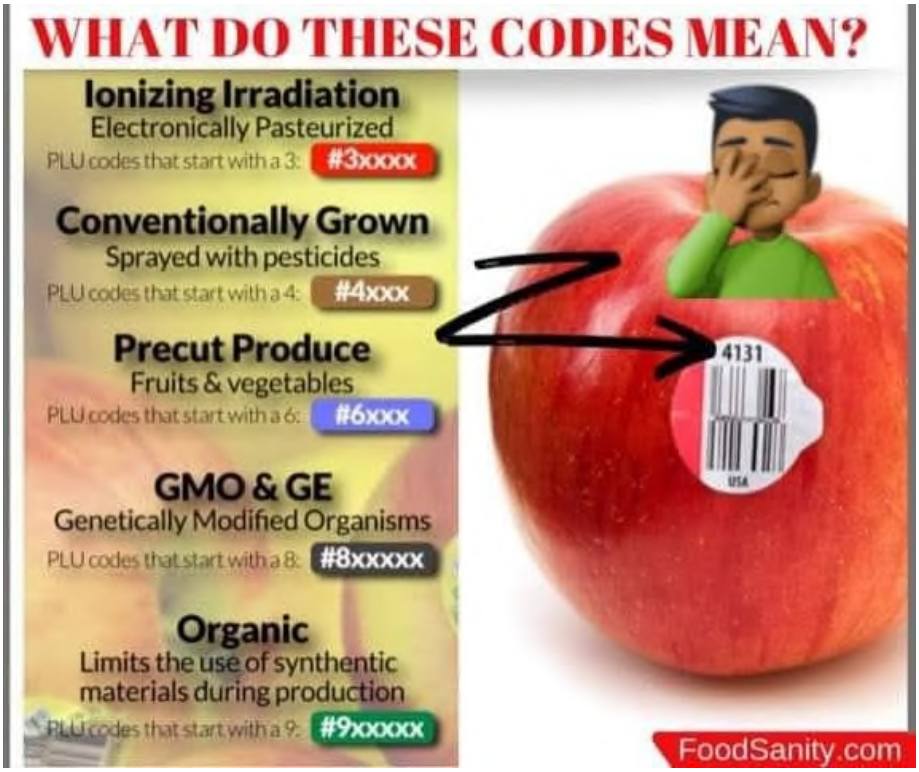
Note the Glyphosate Residue Free certification usually goes to 0.01 ppm.

RESTAURANT	PRODUCT	Glyphosate in Original Sample	AMPA in Original Sample	Total Effective Glyphosate	Total of two samples
		ng/g	ng/g	ng/g	
Arby's	ARBY'S - Classic Chicken Sandwich (3)	105.71	12.37	124.26	
					223.33
	ARBY'S - Roast Beef & Cheddar Sandwich (3)	82.22	11.24	99.07	
BURGER KING	BURGER KING - Quarter Pounder with lettuce and tomato and cheese (3)	25.26	1.97	28.22	
					71.31
	BURGER KING - Impossible Burger (2)	28.58	9.67	43.09	
Chick-fil-A	CHICK-FIL-A - Chicken sandwich (3)	12.574	2.372	16.13	
					16.13
	CHICK-FIL-A - Chicken nuggets (3)	Trace	Trace	Trace	
CHIPOTLE MEXICAN GRILL	CHIPOTLE - Carnitas bowl with everything (1)	0.714	0.489	1.45	
					4.65
	CHIPOTLE - Beef burrito with cheese (1)	3.197	Trace	3.20	
DQ	DAIRY QUEEN - FlameThrower Grillburger (3)	105.906	11.791	123.59	
					126.94
	DAIRY QUEEN - Fries (3)	Trace	2.230	3.35	
Domino's	DOMINO'S - Pepperoni cheese pizza - extra pepperoni (4 slices)	77.08	Trace	77.08	
					77.08
	DOMINO'S - Pepperoni cheese pizza Gluten Free crust - extra pepperoni (6 slices)	Trace	Trace	Trace	
DUNKIN'	DUNKIN - Breakfast sandwich - sausage, egg and cheese (3)	75.187	7.809	86.90	
					133.77
	DUNKIN - Glazed Donut (3)	37.021	6.569	46.87	
IN-N-OUT BURGER	IN-N-OUT BURGER - Bacon cheese burger with lettuce, onions and tomato (3)	7.10	ND	7.10	
					12.48
	IN-N-OUT BURGER - Fries (3)	Trace	3.59	5.38	
Jack in the box	JACK IN THE BOX - Bacon cheeseburger with lettuce, onions and tomato (3)	14.61	5.43	22.75	
					22.75
	JACK IN THE BOX - Fries (3)	Trace	Trace	Trace	
KFC	KFC - Fried chicken breasts (3)	Trace	1.26	1.89	
					64.45
	KFC - Fried chicken sandwich (3)	51.69	7.25	62.56	
Little Caesars	LITTLE CAESARS - Pepperoni pizza (1)	42.99	19.17	71.74	
					128.43
	LITTLE CAESARS - Sausage pizza (1)	48.55	5.43	56.69	
McDonald's	MCDONALD'S - Big Mac (3) - Beef, Lettuce, Pickle, American Cheese	3.623	Trace	3.62	
					5.58
	MCDONALD'S - Breakfast egg sausage and cheese sandwich (3)	1.96	Trace	1.96	
PANDA EXPRESS CHINESE KITCHEN	PANDA EXPRESS - Orange Chicken + White Rice (2)	4.754	Trace	4.75	
					4.75
	PANDA EXPRESS - Beef and broccoli with fried rice (2)	Trace	Trace	Trace	
Panera BREAD	PANERA BREAD - Steak and cheddar sandwich (2)	172.21	27.58	213.58	
					439.11
	PANERA BREAD - Deli ham sandwich (2)	197.23	18.86	225.53	
Pizza Hut	PIZZA HUT - Pepperoni and cheese pizza- extra pepperoni (2 personal size)	1.32	6.36	10.86	
					17.23
	PIZZA HUT - Vegetable topped pizza (2 personal size)	2.794	2.385	6.37	
POPEYES LOUISIANA KITCHEN	POPEYES LOUISIANA KITCHEN - 5 piece tenders (3)	3.74	1.97	6.70	
					91.11
	POPEYES LOUISIANA KITCHEN - Spicy Chicken Sandwich (3)	69.93	9.65	84.41	
SONIC	SONIC DRIVE-IN - CheeseBurger (3)	38.702	4.256	45.09	
					47.93
	SONIC DRIVE-IN - Fries (3)	2.843	Trace	2.84	
STARBUCKS	STARBUCKS - Double-Smoked Bacon, Cheddar and Egg Sandwich (3)	2.03	27.31	42.99	
					126.24
	STARBUCKS - Impossible Breakfast Sandwich (3)	56.017	18.421	83.65	
SUBWAY	SUBWAY - Cold Cut Combo - Footlong (2	87.83	9.91	87.83	
					386.44
	SUBWAY - Veggie Delight - Footlong (2)	276.012	15.066	298.61	
TACO BELL	TACO BELL - Beef taco supreme (2)	10.184	3.873	15.99	
					29.69
	TACO BELL - Chicken and cheese quesadilla (3)	10.409	2.193	13.70	

Know your environment.
Protect your health.

Environmental Working Group
EWG.org
Annual Dirty Dozen and
Clean Fifteen – Pesticides ONLY

And then we have the Produce Labels:



EWG's Dirty Dozen Guide to Food Chemicals: The top 12 to avoid

Potassium Bromate:
Potassium bromate is a possible human carcinogen added to flour used in packaged baked goods.

Propylparaben:
Propylparaben is a preservative used in pastries and some tortillas. It causes developmental and reproductive harm.

Nutrition Facts

About 14 servings per container
Serving size **1 cup (38g)**

	Cereal alone		with 2/3 cup of Vit. A & D fortified skim milk	
Calories	**150**		**210**	
		% DV*		% DV*
Total Fat	2g	**2%**	2g	**3%**
Saturated Fat	1g	**6%**	1.5g	**7%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	<5mg	**1%**
Sodium	290mg	**12%**	360mg	**15%**
Total Carb.	33g	**12%**	41g	**15%**
Dietary Fiber	<1g	**3%**	<1g	**3%**
Total Sugars	16g		24g	
Incl. Added Sugars	16g	**31%**	16g	**31%**
Protein	2g		7g	
Vitamin D	0mcg	0%	2mcg	8%
Calcium	0mg	0%	200mg	15%
Iron	8mg	40%	8mg	40%
Potassium	50mg	0%	310mg	6%
Thiamin	0.42mg	35%	0.48mg	40%
Riboflavin	0.33mg	25%	0.65mg	50%
Niacin	4.8mg	30%	4.8mg	30%
Vitamin B_6	0.51mg	30%	0.51mg	30%
Folate DFE	240mcg	60%	240mcg	60%
Folic Acid	(141mcg)		(141mcg)	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Corn flour, sugar, oat flour, vegetable oil (coconut and/or palm oil), salt, molasses, reduced iron, yellow 5, niacinamide*, yellow 6, BHT (to preserve freshness), thiamine mononitrate*, pyridoxine hydrochloride*, riboflavin*, folic acid*.
*One of the B vitamins

BHA and BHT:
Butylated hydroxyanisole, or BHA, and butylated hydroxytoluene, or BHT, are two such additives that continue to be allowed in the food we eat. BHA and BHT have been shown to cause hormone disruption and harm the reproductive system. BHA is classified as possibly carcinogenic to humans by the International Agency for Research on Cancer, an agency of the World Health Organization.

BHT is added to cereal – including Cap'n Crunch and Apple Jacks - to prolong shelf life.

BHA is commonly found in preserved meats such as pepperoni and sausage.

Martin's Pepperoni Ingredients
Pork, Beef, Salt, Contains Less Than 2% Of Spices, Dextrose, Lactic Acid Starter Culture, Flavorings, Oleoresin of Paprika, Sodium Ascorbate, Sodium Nitrite, BHA, BHT, Citric Acid.

Titanium Dioxide:
Titanium dioxide is used in popular candies and other processed foods to give a smooth texture or to work as a white colorant. The pigment can brighten other colors, making the food more vibrant and appealing, but the additive has no nutritional benefit, and it may damage DNA.

Seven Artificial Dyes:
Synthetic food dye can be found in many types of food and beverages. It can affect development and cause behavioral difficulties in children. There are seven dyes that are especially concerning: Red 3, Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2 and Green 3.

Aspartame:
Aspartame is an artificial sweetener that can affect the hormones that regulate metabolism and have a negative effect on weight control. It has also been linked to heart disease and increased risk of cancer.

ADA:
Azodicarbonamide, or ADA, is used as a dough conditioner and strengthener, as well as a bleaching agent in breads and pastries. ADA has been linked to an increased risk of cancer. It may also cause liver and kidney injury and affect the blood and the nervous and respiratory systems.

Propyl Gallate: Other names for propyl gallate:

- 3,4,5-Trihydroxybenzene-1-propylcarboxylate
- 3,4,5-Trihydroxybenzoic acid npropyl ester
- Gallic acid, propyl ester

Propyl gallate is a preservative used in vegetable oil, meat products and chewing gum, among other products. It may cause hormone disruption and has been linked to an increased risk of asthma, hyperactivity and even cancer.

Brats Ingredient List: Pork, Water, Corn Syrup, and Less than 2% of the Following: Salt, Pork Broth with Natural Flavorings, Dextrose, Lemon Juice Powder (Corn Syrup Solids, Lemon Juice Solids, and Natural Flavors), Natural Flavors, BHA, Propyl Gallate, Citric Acid, Collagen Casing.

Sodium Benzoate:
Sodium benzoate is a preservative used mostly in carbonated drinks, fruit juice, salad dressing and fermented foods. When combined with ascorbic acid, citric acid and/or vitamin C, it has been linked to an increased risk of cancer. The reaction between sodium benzoate and any of these three compounds forms benzene, a chemical associated with blood cancer.

Methylene Chloride, Trichloroethylene and Ethylene Dichloride:
Methylene chloride, trichloroethylene and ethylene dichloride are solvents used in the production of decaffeinated coffee and tea and certain spices. These three chemicals are linked with an increased risk of cancer.

Sodium Nitrite:
Sodium nitrite is an additive used to preserve meat. When added to processed foods, nitrites are associated with an increased risk of cancer.

IS THIS FOOD EXPIRED?

UNDERSTANDING DATE LABELS

The dates that food companies put on packages are not regulated and do not mean that the food is unsafe to eat, except in the case of baby formula. Most foods are still tasty and nutritious after the date has passed. Not sure if food is spoiled? Check for off odor, flavor or texture.

"BEST BY" OR "BEST IF USED BY" DATE

This date tells you when the food will have the **best flavor.**
It is **still safe to eat** past this date.

"USE BY" OR "EXPIRATION" DATE

This is the last date that the product will be at its **peak quality**.
It is **still safe to eat** past this date (**except for baby formula**).

"PACKING/MANUFACTURING" DATE

This is the date used by manufacturers for tracking.
It is not an expiration date - it is not related to food quality or safety.

"SELL BY" DATE

This tells the store how long to display the product for sale.
It is **still safe to eat** past this date.

GOOD FOR UP TO ONE YEAR AFTER THE DATE:

- Packaged food like cereal, pasta, dried beans, and baking mixes
- Frozen foods
- Canned goods including soup, condiments, meat, fruit, and vegetables

GOOD FOR UP TO 30 DAYS AFTER THE DATE:

- Butter
- Cheese
- Eggs

GOOD FOR UP TO SEVEN DAYS AFTER THE DATE:

- Milk
- Yogurt
- Cream Cheese

Questions? Contact us at 215-223-2220 or info@sharefoodprogram.org.

share food program

Are Expiration Dates Helpful??

Look for more companyies using "BB" for Best By or Best Before dates instead.

And finally …

Never Buy This

Nutrition Facts

Serving Size 227g
Servings Per Container 1

Amount Per Serving	
Calories 520	Calories from Fat 300
	% Daily Value*
Total Fat 33g	**51%**
Saturated Fat 13g	**65%**
Trans Fat 1.5g	
Cholesterol 395mg	**132%**
Sodium 1490mg	**62%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**8%**
Sugars 0g	
Protein 30g	

Vitamin A	20%	Vitamin C	6%
Calcium	25%	Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients:

Precooked Scrambled Eggs (Whole Eggs, Skim Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Liquid Pepper Extract, Citric Acid, Natural And Artificial Butter Flavor [Clarified Butter Oil, Lipolyzed Butter Oil, Artificial Flavor, Annatto {Color}]), Diced Potatoes (Potatoes, Partially Hydrogenated Soybean Oil, Maltodextrin, Salt, Dextrose, Disodium Dihydrogen Pyrophosphate And Tetrasodium Pyrophosphate to Maintain Natural Color]), Precooked Bacon (Cured With Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite), Water, Shredded Pasteurized Processed Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color, Potato Starch And Powdered Cellulose Added to Prevent Caking, Natamycin [Natural Mold Inhibitor]). Contains Egg, Milk And Soy

Educate Yourself: Tips for Eating Out

Do Your Research: Take a few minutes to check the restaurant information and menu on your phone. Do they offer items that will be healthy for you? Or will you make poor choices?

Pay Attention to How the Food is Prepared: Check this guide. Stop eating fried food!

Control Your Portion Sizes: Can you share the entrée with someone? Ask for a to go box as soon as your food arrives. Cut the portion in half before you start eating.

Send the "Free" Food BACK: Some restarurants ask, "Do you want bread?" Typically, at Mexican restaurants, the chips and salsa arrive *with* or even *before* your server. You can decline them! Remember that those foods are not FREE of bad fats and calories!

Have it Prepared Your Way: Don't be afraid to ask questions. Exactly how is the food prepared? What are the ingredients? Ask for real butter instead of margarine.

Undress Your Food: Salad dressings, sauces and glazes can all be served on the side.

Drink Water: It's most likely city water with terrible stuff in it, but it won't add to your bill or your waistline. Soda, juice, flavored teas are pricey and the carbs will make you want more carbs. We probably don't even need to mention alcohol.

And with a Sad Face … Skip Dessert: Unless it's a very special occasion, do you really need the dessert? It could save you lots of money and calories.

Don't forget to tip your server well. If you have never waited tables, it's hard work! And they might not be well trained. Feel free to gently offer suggestions so that they will be better servers. Then leave them a nice tip. Thank you.

Adapted from www.behance.net/gallery/25759807/Dining-Out-Guide-Insanity-Max30