

Can added vitamins perform magic?

Did you know that you can add vitamins to just about any food and then say it has become a healthy food? Sounds like magic! Or is it a trick?

Here's a jar of chocolate spread, with claims copied from a real product that was on sale in UK shops in 2005.



Chocolate spread nutrition information

	Per 100g
Energy	.533 kCalories
Protein	.4g
Carbohydrate	.53g
(of which sugars)	.49g
Fat	.33g
(of which saturates)	.30g
Fibre	Trace
Sodium	.0.3g

The spread contains added minerals and vitamins. Why did the food company write this on the front of the jar?

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Using the information on the chocolate spread nutrition panel, is the product low or high in sugar? (Hint: 10 grams of sugar per 100 grams is 'a lot')

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Using the information on the chocolate spread nutrition panel, is the product low or high in fat? (Hint: 20 grams of fat per 100 grams is a high amount.)

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Why doesn't the food company write 'high fat' or 'high sugar' on the front of the jar?

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