

# Is your food really healthy?

Did you know that there is no legal definition of the word 'healthy'? So food companies can put it on to all sorts of foods. Only some of the foods really deserve to be called healthy.

Here's a tub of ice-cream, with claims copied from a real product that was on sale in UK supermarkets in 2004.

Is the word 'healthy' used to describe just the fruit ingredients, or does it apply to the whole product?

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Using the information on the ice-cream nutrition panel, is the ice-cream low or high in sugar? (*Hint: 10 grams of sugar per 100 grams is 'a lot'.*)

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**'Tropical & Fruity ice-cream' nutrition information**

	Per 100g
Energy	360 kCalories
Protein	.6g
Carbohydrate	.42g
(of which sugars)	.20g
Fat	.18g
(of which saturates)	.12g
Fibre	.0
Sodium	.02g

The tub label also says eating the ice-cream counts towards your healthy five portions of fruit and veg per day. Does this refer just to the fruit ingredients, or the whole product?

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The ice-cream is very high in sugar, and very high in saturated fat. Why do you think the company highlights fruit on the front of the tub, but not the sugar or saturated fat? ..

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