



An Inconvenient Truth

Is convenience the only factor in making a food match?

There are several highly processed food choices listed below. Match the correct convenience food from the "Food List" with the choices shown in the "Ingredients List." Circle the letter of the matching ingredient list, and then circle the primary ingredient from the multiple choice options for each food item.

Ingredients List:

Choice A (microwave-ready, just add water): Enriched wheat flour product, thiamin mononitrate, riboflavin, cheese sauce mix (whey, corn syrup, palm oil, milkfat, milk protein concentrate, salt, maltodextrin, high acid gum, lactic acid, calcium phosphate, modified food starch, monosodium glutamate, citric acid, milk, yellow 5, artificial flavor, yellow 6, dried onions, natural flavor); modified food starch, salt, maltodextrin, potassium chloride, acetylated monoglycerides, medium chain triglycerides, color.

Choice B (add water): Sugar, citric acid, calcium phosphate, salt, ascorbic acid (vitamin C), yellow 5, natural flavor, blue 1, artificial flavor, BHA (preserves freshness).

Choice C (ready-to-eat): Enriched unbleached flour, water, unbleached whole wheat flour, high fructose corn syrup, yeast, partially hydrogenated soybean oil and/or soybean oil, wheat gluten, salt, dough conditioners, mono- and diglycerides, ethoxylated mono- and diglycerides, sodium stearoyl lactylate, calcium peroxide, ascorbic acid, azodicarbonamide, yeast nutrients, calcium propionate (maintain freshness), corn starch, enzymes, peanuts, dextrose, sugar, partially and fully hydrogenated vegetable oils (soybean and/or cottonseed and/or rapeseed), salt, molasses, palm and/or soybean oil, strawberries, high fructose corn syrup, corn syrup, sugar, pectin, citric acid, potassium sorbate (preservative).

Choice D (microwave-ready, heat and eat): Chicken stock, wheat flour, egg white, egg niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid, carrots, water, cooked chicken meat, modified food starch, celery, salt, chicken fat, monosodium glutamate, high fructose corn syrup, emulsifier blend, onion powder, flavoring, dextrose, maltodextrin, chicken flavor, disodium inosinate, disodium guanylate, dehydrated parsley, autolyzed yeast extract, cultured whey, beta carotene for color, dehydrated garlic, dehydrated chives, soy protein isolate, sodium phosphates, whole egg solids, chicken flavor, vegetable oil, soy lecithin, mono- and diglycerides, mixed tocopherols (to protect flavor), ascorbic acid for flavor, spice extract.

Choice E (heat and eat): Tomato puree, water, wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid, high fructose corn syrup, salt, enzyme modified cheddar cheese, natural flavoring, potassium chloride, vegetable oil (corn, cottonseed, canola and/or soybean), enzyme modified butter, oleoresin paprika, spice extract, citric acid, nonfat dry milk.

Food List:

Packaged Peanut Butter and Jam Sandwich



Circle the matching ingredients list:

Choice A B C D E

Circle the primary ingredient:

sugar wheat soybean oil salt

Flavored Drink Mix



Circle the matching ingredients list:

Choice A B C D E

Circle the primary ingredient:

strawberries water citric acid sugar

Canned Spaghetti



Circle the matching ingredients list:

Choice A B C D E

Circle the primary ingredient:

tomatoes wheat cheese butter

Condensed Chicken Noodle Soup



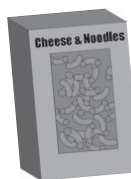
Circle the correct ingredients list:

Choice A B C D E

Circle the primary ingredient:

eggs sugar chicken stock chicken meat

Cheese & Noodles



Circle the correct ingredients list:

Choice A B C D E

Circle the primary ingredient:

wheat milk cheese vegetable oil