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Welcome to your  
Corporate Bodies  
International Fortnightly  
Health Email

### Fortnightly Challenge

Start your grocery shop around the outside of the store THEN move to the middle aisles to grab the rest of your items!



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This fortnight's healthy topic...

## The Health Food Aisle- "Is it as 'healthy' as it is made out to be?"



Completing your weekly grocery shop involves being bombarded with 'New' or 'Improved' products claiming to better your health in some way. The 'health food aisle' may appear to make choices easier for you, but how 'healthy' is it really? Chances are the aisle screams 'organic', 'all natural' or 'no preservatives' at you...

### Here is the Truth

- Often products claim to be 'all natural' but will also be very high in sugar. Sometimes there is more sugar than nuts in a 'nut bar'! This means a very high energy snack that isn't so healthy .
- You may pay a higher cost for a product that is very similar to (and possibly no better than) a mainstream equivalent in a different aisle.

### What to Really Look For

- Some products are specialised, so perfect for allergy sufferers. These products are more expensive so look for alternatives if possible.
- Be sceptical of health claims! Although they might be true in some ways, they can be misleading and not as healthy as they appear.
- Don't underestimate the natural health of the good old fresh foods. Keep to the outside of the grocery store and focus your shop on fresh fruit and vegetables, breads, meats and dairy.

Ingredient	Guideline
Sugar	Less than 15g per 100g
Fat	Less than 10g per 100g
Saturated Fat	Less than 5g per 100g

Here's to demystifying another health topic!

Yours in Health, [The Corporate Bodies Team.](#)

