

your Self



WEIGHING IN ON DIETS 18



DEPRESSION RELIEF 22



WALK ON 30

misleading labels

Foods may not be as healthy as they seem. Here's what labels DON'T say.

Sticking to the perimeter of the store, where healthier whole foods are displayed, is your best bet when grocery shopping, but it's hard to avoid packaged foods altogether. Here are some common health claims you'll see on labels, and the truth behind them.

heart healthy

THE TRUTH: The American Heart Association requires foods with this claim to be low in total fat, cholesterol and sodium, but even these can be highly processed, sugar-laden and lacking in important vitamins and minerals.

WHAT YOU CAN DO: Avoid products containing more than a handful of ingredients.

high fiber

THE TRUTH: Products carrying the "high fiber" claim contain at least


5 grams of fiber per serving. But manufacturers sometimes process dietary fiber out of a product and then add processed fiber, so it's not as healthy as it might seem.

WHAT YOU CAN DO: Choose products with bran, oats or other whole grains. Ingredients including inulin, polydextrose or maltodextrin suggest fiber is added.

antioxidant-rich

THE TRUTH: Scientists don't know what levels of antioxidants are beneficial, and isolating a particular antioxidant rules out the synergistic effects of foods' other nutrients, says Alicia Romano, clinical registered dietitian at Tufts Medical Center in Boston.

WHAT YOU CAN DO: Eat a variety of antioxidant-rich whole foods, including a rainbow of deeply hued fruits and vegetables. —AMY PATUREL

 Read more about these and other health claims on food labels at arthritis.org/ArthritisTodayMA15.