

Nutritional facts about packaged foods

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The paper " Nutritional Facts about Packaged Foods " is a good example of a research paper on family and consumer science. After getting acquainted with the misleading information provided by the food industry about fat and protein content in packaged foods, I analyzed the nutritional facts and calorie count of three packaged foods that I use to get a better idea how much fat and protein calories my foods contain. I chose Three Sisters' Honey ' n Oats, Eden Organic's Small Red Beans, and Amy's Cornmeal Crust Pizza, that I use for breakfast, lunch, and dinner respectively. In case of Small Red Beans, the company states, in the printed nutritional facts, that 30 grams of cereal contain 0. 4% of fats (obtained by calculations made using the weight of the product and not the calories); whereas, actually 4. 5% of calories are being derived from fat. Also, the protein content as stated by the company (using calculations based on weight) is 4. 6% whereas it actually is 24%. Similarly, in the case of Honey ' n Oats and Cornmeal Crust Pizza, the fat and protein content as calculated by the company do not match the actual calculations made using the number of calories instead of weight. Thus, it is concluded that the procedure used by the food industry is definitely misleading because it shows inaccurate fat and protein content.