**Don’t take an extra bite when you’re eating ‘lite’**

**Do you feel less guilty about eating something labeled as ‘low fat’ or ‘light’? Well, if you’re trying to lose weight, swapping to these ‘healthier’ options may not be as helpful as you’d think…**

Let’s look at the differences between products labeled as low fat, reduced fat and light compared to their standard versions. In our survey, six in ten Brits said they regularly eat these types of foods, but we’ve found they often contain similar calorie content to supposedly less-healthy options.

**Low-fat foods under the microscope**

For instance, the difference between a McVitie’s Chocolate Digestive and the McVitie’s Light Chocolate Digestive is just eight calories – you could burn that off in under a minute of swimming. The light version does contain 30% less fat, but it doesn’t contain 30% fewer calories and this is often where the problem lies.

Products labeled with ‘lite’ or ‘low fat’ only have to contain 30% less fat than the standard version, yet just one in five people told us they knew this.

Just because something is labeled as ‘light’, ‘lite’ or ‘reduced fat’ don’t assume it’s actually low in fat. For example, a ‘light’ cheese can still be high in fat – Cathedral City mature cheddar has 34.9g of fat per 100g, and the ‘lighter’ version has 21.8g. Although that’s 30% less fat, it’s still classed as high.

Low-fat foods can become even more mystifying when you compare them to standard products from other companies. For example, a Tesco low-fat yogurt has more calories per pot (130) compared to Activia standard yoghurt (123 calories). The Tesco yogurt also contained more sugar – 20.2g (more than four teaspoons) per pot compared to 16.9g!

**Eating more due to the ‘health halo’**

Research from Cornell University in the US showed that people who were given products labeled as light and low fat ate up to 50% more than they did with the same standard product. This is called the ‘health halo’.

And almost to confirm this, at the weekend a friend told me that his girlfriend had started buying Walkers Baked crisps in place of the standard variety. He confessed that he eats two packets instead of one!

So, while many low-fat and light foods can help in weight loss or maintaining calorie intake, it’s clearly not always the case. Instead of immediately reaching for these options, I’d recommend comparing the calorie content of a few versions while you’re in the supermarket. And that’s something that would be much simpler if we had clear traffic-light labeling on all food products.

Do you buy low-fat and light foods in the hope of being healthier, but then end up eating more of them?

**Glossary**:

actually – właściwie, w rzeczywistości

assume – przypuszczać, zakładać

bite – kęs, gryz

burn off - spalić

compare - porównać

confess – wyznać, przyznać się

confirm - potwierdzić

contain - zawierać

content - zawartość

fewer - mniej

for instance ~ for example – na przykład

guilty ≠ innocent - winny / niewinny

instead of - zamiast

intake – pobór, spożycie

just ~only – tylko, jedynie

labeled – oznaczony, opisany

lite ~ light – „lekki” (o obniżonej zawartości tłuszczu, cukru,itp.)

lose weight ≠ gain weight – schudnąć / przytyć

maintain – utrzymać, zachować

mystifying – zadziwiający, zdumiewający

packet – paczka, opakowanie

pot – kubek (na jogurt) pojemnik

research – badania (naukowe)

survey – sondaż, ankieta, badanie opinii

swap to – przerzucić się na, przejśc na

teaspoon - łyżeczka

1. *Are the following sentences True or False?*
2. You need exactly one minute of swimming to burn 8 calories.
3. Light foods always contain fewer calories.
4. Light cheese still contains quite a lot of fat.
5. ONE low-fat yogurt may have more calories than ANOTHER standard yougurt.
6. Low-fat products also contain less sugar.
7. Most people tend to eat greater amounts when they switch to light foods.

*QUESTION:*

What is the best way to control your calorie intake?

* according to the above text
* in your opinion
1. *Do the crossword*



|  |  |
| --- | --- |
|  | 1. e.g. of cigarettes or sweets
 |
|  | 1. continue, preserve
 |
|  | 1. in fact, in reality
 |
|  | 1. another word for light
 |
|  | 1. an examination of people's opinions

or behaviour made by asking people questions |
|  | 1. a piece taken from food when you eat it
 |
|  | 1. you can lose it (become slimmer) or

gain (become fatter) |
|  | 1. very thin slices of potatoes that are

cooked in oil and eaten cold |

1. *Complete the missing prepositions: ( about of of off  for  in  in to  to up )*
	1. We were heading for Paris, but we ended ………………….in Barcelona!
	2. There is no hope ………………….escape.
	3. She sat next to him and reached ………………….his hand.
	4. I'm only trying to help…………………. the situation.
	5. Excuse me, sir, you gave me 10 dollars instead …………………. 20.
	6. You are here  …………………. place of my mother.
	7. I felt guilty  …………………. just being in the same room as them.
	8. All of a sudden in July, they swapped it …………………. 18 percent.
	9. Don't compare me …………………. your mother.
	10. After burning ……………….much of my dinner, I have an appetite again.
2. *On the basis of the text, make more sentences like the one below:*

It would be much simpler if we had clear traffic-light labeling on all food products.

* 1. If we ……………………………………………………………………………………………………………………………………
	2. if …………………………………………………………………………………………………………………………………………
	3. ……………………………………………………………………………………………………………………………………………
	4. ……………………………………………………………………………………………………………………………………………
	5. ……………………………………………………………………………………………………………………………………………