

♥ Health Minute™

The good, the bad, and the ugly of snacks...

500 million Twinkies are baked each year. Despite their popularity, Twinkies are one example of a food that could be hazardous to your health. The list of ingredients includes *enriched flour*, flour whose nutrients have been removed and some vitamins added back. Five forms of sugar are added. The fats are *hydrogenated*, their chemical structures changed into a form that is more harmful to your arteries. Many ingredients cannot be pronounced. It is snacks like this, empty calories with little or no nutritional value that can contribute to obesity, diabetes, and heart disease. Next time you choose a snack, look for something that is both delicious *and* nutritious. Your heart will thank you for it.



Ingredients of a Twinkie

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|--|---------------------------------------|
| ♥ Enriched wheat flour | ♥ Salt |
| ♥ Sugar | ♥ Cornstarch |
| ♥ Corn syrup (sugar) | ♥ Corn flour |
| ♥ Water | ♥ Corn syrup solids (sugar) |
| ♥ High fructose corn syrup (sugar) | ♥ Mono and diglycerides |
| ♥ Vegetable and/or animal shortening (containing one or more of partially hydrogenated soybean, cottonseed, or canola oil, and beef fat) | ♥ Soy lecithin |
| ♥ Dextrose (sugar) | ♥ Polysorbate 60 |
| ♥ Whole eggs | ♥ Dextrin |
| ♥ Modified corn starch | ♥ Calcium caseinate |
| ♥ Cellulose gum | ♥ Sodium stearyl lactylate |
| ♥ Leavenings (sodium acid pyrophosphate, baking soda, monocalcium phosphate) | ♥ Wheat gluten |
| | ♥ Calcium sulfate |
| | ♥ Natural and artificial flavors |
| | ♥ Caramel color |
| | ♥ Sorbic acid (to retain freshness) |
| | ♥ Artificial color (yellow 5, red 40) |

