
Beyond fat

The decision last week by Kraft Foods — the maker of Ritz Crackers, Oreos, Velveeta, and many other products — to trim fat from some products raises the question: Does reduced fat, alone, equal healthier food?



The image shows a nutrition facts label for Ritz crackers. The label is white with a red border and a red header containing the 'RITZ' logo. The text is in black and blue. The serving size is 5 crackers (16g) and there are about 28 servings per container. The label lists the following values:

Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 135 mg	6%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	

Alice Lichtenstein, professor of nutrition at the Nutrition Research Center on Aging at Tufts University, said consumers should also look for reductions in:

- Calories.
- Saturated fat.
- Trans fatty acids, also known as trans fats, which boost levels of harmful cholesterol. They are not currently listed, but the Food and Drug Administration is considering a rule that would order them listed just under saturated fat. A decision is imminent, an FDA spokeswoman said.

GLOBE STAFF GRAPHIC/MICHAEL PRAGER
