

9-2014

# Munch a Bunch

Ginger D. Cameron

*Cedarville University*, [gcameron@cedarville.edu](mailto:gcameron@cedarville.edu)

Follow this and additional works at: [http://digitalcommons.cedarville.edu/  
pharmacy\\_practice\\_presentations](http://digitalcommons.cedarville.edu/pharmacy_practice_presentations)



Part of the [Nutrition Commons](#), and the [Pharmacy and Pharmaceutical Sciences Commons](#)

---

## Recommended Citation

Cameron, Ginger D., "Munch a Bunch" (2014). *Pharmacy Practice Faculty Presentations*. 288.  
[http://digitalcommons.cedarville.edu/pharmacy\\_practice\\_presentations/288](http://digitalcommons.cedarville.edu/pharmacy_practice_presentations/288)

This Local Presentation is brought to you for free and open access by DigitalCommons@Cedarville, a service of the Centennial Library. It has been accepted for inclusion in Pharmacy Practice Faculty Presentations by an authorized administrator of DigitalCommons@Cedarville. For more information, please contact [digitalcommons@cedarville.edu](mailto:digitalcommons@cedarville.edu).

# Munch A Bunch!

Ginger Cameron, PhD



# Be Real about Eating....



But what about...





# So “all natural” ?



# Ask Yourself these questions

## 1. Who made it?



## 2. How many ingredients are in it?





### 3. Do I recognize all the ingredients?

#### Ingredients:

Organic skim milk, organic cream, bacterial cultures.

#### Ingrédients:

Lait écrémé biologique, crème biologique, cultures bactériennes.



**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B<sub>1</sub>], RIBOFLAVIN [VITAMIN B<sub>2</sub>], FOLIC ACID), CORN SYRUP, SUGAR, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CORN SYRUP SOLIDS, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, GLYCERIN, CONTAINS 2% OR LESS OF COCOA (PROCESSED WITH ALKALI), POLYDEXTROSE, MODIFIED CORN STARCH, SALT, DRIED CREAM, CALCIUM CARBONATE, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), DISTILLED MONOGLYCERIDES, HYDROGENATED PALM KERNEL OIL, SODIUM STEAROYL LACTYLATE, GELATIN, COLOR ADDED, SOY LECITHIN, DATEM, NATURAL AND ARTIFICIAL FLAVOR, VANILLA EXTRACT, CARNAUBA WAX, XANTHAN GUM, VITAMIN A PALMITATE, YELLOW #5 LAKE, RED #40 LAKE, CARAMEL COLOR, NIACINAMIDE, BLUE #2 LAKE, REDUCED IRON, YELLOW #6 LAKE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B<sub>6</sub>), RIBOFLAVIN (VITAMIN B<sub>2</sub>), THIAMIN HYDROCHLORIDE (VITAMIN B<sub>1</sub>), CITRIC ACID, FOLIC ACID, RED #40, YELLOW #5, YELLOW #6, BLUE #2, BLUE #1.



## 4. Is there added sweetener?



What about these?



# Where's the Beef?





# Snacks Anyone?



# Get Adventurous



# Questions?

