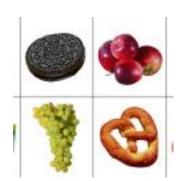
## **Dieters Beware: Calorie Counts May Not Be Real**



Published on Personal Safety Nets (https://personalsafetynets.com)



A new study that we follow tells us that prepared foods contain an average of 8% more calories than what their packaging label says. And restaurant meals can contain up to 18% more calories than what the menu claims. And perhaps the worst news is that the Food and Drug Administration says these margins of error are perfectly O.K. Read on for the whole story.

Continue reading? [1]

## **CONTACT US**

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