

## MORE QUESTIONS AND ANSWERS

### Is Nutella a junk food?

Italians are up in arms over new guidelines that would label Nutella, the sweet, smooth hazelnut chocolate spread, as junk food. ... Nutella, as it happens, contains high levels of both fat and sugar. In fact, sugar is the first in the list of ingredients followed immediately by palm oil.

#### Is Nutella junk food?

In my opinion, Nutella is junk food. Here are its ingredients: Nutritional Facts. Nutella is mostly sugar and palm oil. One serving has 21g of sugar in it, just over 5 teaspoons. 6 teaspoons of sugar is the upper daily limit for a woman or a child. It's 2/3 of the limit (9 teaspoons) for a man.

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#### Is Nutella more healthy than peanut butter?

Bottom Line: Without hesitation, Peanut Butter is the 'healthier' alternative to Nutella. Peanut Butter is lower in sugar, higher in protein and often lower in your unhealthy fats. The Centre of Science in the Public Interest (CSPI) describes Nutella as "more sugar and modified palm oil than hazlenut".

#### Why is Nutella so good?

Its addictiveness lies in its ingredients. Apart from sugar and fats, Nutella is rich in chocolate. ... The hazelnut content of Nutella can boost the health of your heart, though its high fat and sugar content is its major downfall. But, it's the sugar and fat that gives it the properties we love so much.

#### Is hazelnut spread bad for you?

When you break down the numbers you'll find it contains 100 calories per tablespoon and more than 50-percent of that comes from fat. While there are some heart-healthy fats from nuts, one-third is the artery-clogging saturated kind. As for the sugar, it's not looking much better – nearly 5 teaspoons per serving!





































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