

Food Scores

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Food Scores from the Environmental Working Group is a very informative and user friendly website that ranks over 80,000 food products on a 1 to 10 scale based around nutrition, ingredients, and amount of processing. The site also mentions whether a product is certified organic, non-GMO, or gluten free. Potentially hazardous ingredients, such as mercury in fish, arsenic in rice, BPA in canned foods, or possible allergens, are also mentioned on each product's page.

What makes this website a particularly useful tool is that you can select a specific product, say a certain brand of corn chips that has an abysmal score of 10, and on the left side of the screen you can see a comparison of other corn chip products listed by score. This makes it easy to find healthier alternatives for certain foods.

There are also some interesting and informative articles and consumer guides that are relevant to each food product. Also, the EWG publishes a "Dirty Dozen" list of the fruits and vegetables most contaminated with pesticide residues.

The site's methodology for scoring food products is clearly explained in-depth, and the nutrition information is time-stamped when it was uploaded from labelINSIGHT, so it's possible to see if the information is up-to-date or not.