

## The Netherlands: Lean sausages – high in fat despite name

Contributed by Administrator  
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Regardless of their name, low-fat smoked sausages are actually packed with fat. This has been stated by the Consumers' Association, it has further stated that only standard smoked sausages and ordinary sausages have more fat. The association also says that sausages may be referred to as 'low-fat' if they contain no more than 20%. However, it calls such a designation "questionable for a piece of meat of which one fifth is fat."

Products that are considered to be 'light' must contain 30% less fat or sugar than the original, while meat products labelled 'magere' can contain 20% fat. The 'Gezondheids' (Health Guide) stated that the packaging of many sausages claims that the contents have 30% less fat, but that these claims are not true. Many manufacturers tend to round the fat percentages up. According to reports, the sausages have a higher percentage of fat than hamburger, meatballs and pork cuts. The term 'Rookworst' or smoked sausages, is also not correct in most cases. Only the fresh smoked sausage from the Albert Heijn is truly smoked, as reports state that the rest make use of an aroma. The aroma is used so that it gives the sausages an artificial smoked flavour. The association emphasizes that its investigation of 22 different smoked sausages studied ingredients and fat content and not taste. It notes that the average Dutch individual eats 860 grammes of smoked sausage - low-fat and standard - annually.