

A decorative collage featuring various food items and patterns. In the top left, there's a red circular pattern with a light blue swirl. In the top right, there's a bunch of green basil leaves. In the bottom left, there's a whole red tomato and a slice of tomato on a light pink grid background. In the bottom right, there's a light blue grid pattern with a yellow outline of a leaf and a white swirl. The text "Canva" is visible in the top right, bottom left, and bottom right corners.

How to understand Ingredients on Food Labels

Health is a Treasure, Keep it safe!

Food labels are a Crucial tool in building a healthy diet. They are important source of information about calories and the nutritional value of the foods you eat.

Sometimes it is hard to understand some ingredients, lets go over that and find out how we can make that easier.



There are certain ingredients that you want to reduce in your diet to keep it heart healthy, and these are:

- Sodium
- Added Sugars
- Saturated Fat
- TRANS Fat



SODIUM:

IT IS ALSO LISTED AS SALT, SODIUM BENZOATE, DISODIUM OR MONOSODIUM GLUTAMATE (MSG).

WE SHOULD BE AWARE OF OUR SALT INTAKE AS IT IS ALREADY ADDED IN HOT DOGS, LUNCH MEATS AND SO ON. IT'S USED FOR PRESERVATION PURPOSES SUCH AS FISH AND MEATS AND CONTROL BACTERIA, BUT WE SHOULD BE AWARE OF IT AS IT CONTRIBUTES TO OUR TOTAL SALT INTAKE.



SUGAR:

IT IS ALSO LISTED AS HIGH-FRUCTOSE CORN SYRUP.

CORN SYRUP, AGAVE NECTAR, BARLEY MALT SYRUP AND DEHYDRATED CANE JUICE.

SOURCES OF SUGAR:

SOFT DRINKS, SUGARS, CANDY, CAKES, COOKIES, PIES, FRUIT DRINKS SUCH AS FRUIT PUNCH, DAIRY DESSERTS AND MILK PRODUCTS- ICE CREAM, SWEETENED YOGURT AND SWEETENED MILK.



SATURATED FATS

EATING FOODS THAT CONTAIN SATURATED FATS RAISES THE LEVELS OF CHOLESTEROL IN YOUR BLOOD. HIGH LEVELS OF LDL IN YOUR BLOOD CAN INCREASE YOUR RISK OF HEART DISEASE AND STROKE. SATURATED FAT COULD BE LABELLED AS ANIMAL FAT/OIL, MILK SOLIDS, VEGETABLE SHORTENING, CREAM, GHEE.

SOURCES OF SATURATED FATS

RED MEAT (beef, lamb, pork), CHICKEN SKIN, WHOLE-FAT DAIRY PRODUCTS (milk, cream, cheese), BUTTER, ICE CREAM, LARD, TROPICAL OILS SUCH AS COCONUT AND PALM OIL.



TRANS FAT:

TRANS FAT CAN BE LABELLED AS HYDROGENATED OIL. RARELY YOU WILL FIND THEM LISTED AS TRANS FAT.

SOURCES OF TRANS FAT:

FRIED FOODS LIKE DOUGHNUTS, AND BAKED GOODS SUCH AS CAKES, PIE CRUSTS, BISCUITS, FROZEN PIZZA, COOKIES, CRACKERS, STICK MARGARINES AND OTHER SPREADS.

