

STEPS FOR READING



FOOD LABELS

WHY UNDERSTANDING FOOD LABEL IS IMPORTANT?

Many marketing terms are associated with improved health. These are often used to mislead consumers into thinking that unhealthy, processed food is good for them.

Required Elements on a Label

- Name of the food product
- List of ingredients
- Nutritional information
- Declaration of VEG and NON VEG
- Declaration of added food additives
- Name and address of manufacturer
- Net quantity
- Code number
- Lot number/ Batch number
- Date of manufacturing
- Best before date
- Country of origin
- Instruction for uses

#THREE STEPS

1- Misleading Claims on the Labels

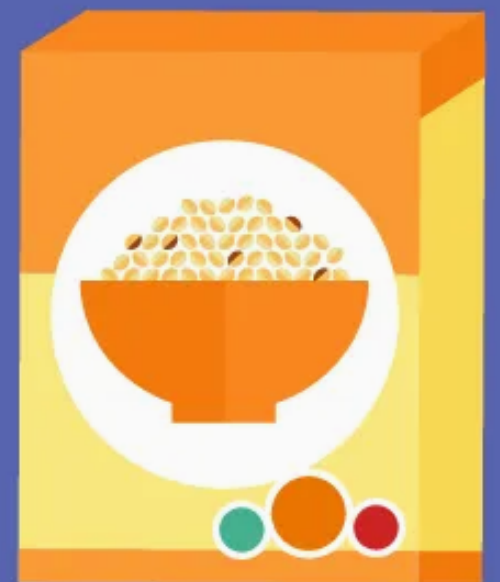
Front labels are often used to lure people into buying products & some of these labels are highly misleading.

2- Study the Ingredients List

Ingredients are listed by quantity — from highest to lowest. Try looking for products that list whole foods as the first three ingredients and be skeptical of foods with long lists of ingredients.

3- Watch out for Serving Sizes

Serving sizes listed on packaging may be misleading and unrealistic. Manufacturers often list a much smaller amount than what most people consume in one setting.

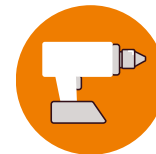


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