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Food packages

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Author Note

Food labels are significant as they help me make informed decisions on the type of food to buy and when to consume, thus avoiding wastage. I am very confident at interpreting food labels today, as I have learned how to interpret the information on the food label over

the years. To interpret a food label, I must check the serving size, nutrition terms, total amount of calories, daily percentage values, additional nutrients, saturated fats, added sugar and sodium, vitamins, minerals, and fiber. When purchasing food products, nutrition content is one of the critical issues I look for. This knowledge influences my purchase and meal planning, whereby I choose healthy foods with required nutrition content.

From my cabinets, I chose blue band margarine 250g. The product contains the following ingredients: water, refined vegetable oils and fats (partially hydrogenated canola), salt, antioxidant (EDTA), vitamins A, D, B6, folic, Niacin, and B12. According to Goyal & Deshmukh, (2018). Non-nutritional additives include preservatives, artificial creamy flavor, emulsifiers, and colorant. The nutrition fact panel contains the following nutrient information; energy proteins, carbohydrates, added sugar, fats, dietary fiber, sodium, vitamin A, B6, B12, D, E Folic acid and Niacin. The percentage of RDA is also provided in the fact panel. The product contains low-fat content. One important thing I learned from this product is the significance of vitamins which has been explained in the food label as follows;

Vitamin A- improves vision and immune system

Vitamin D- Needed for growth and development of bones and teeth

Vitamin B6 and B12- Needed conversion of food into energy.

Niacin- Useful for body to make blood and body cells

Folic Acid- For development of unborn babies

Reference

Goyal, R., & Deshmukh, N. (2018). Food label reading: Read before you eat. *Journal of Education and Health Promotion*, 7.

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