

Thought For Food

We are what we eat.

What do you eat? Where do you get what you eat from? The market! Well, from where do they come to the market? Where and how are they grown? Do you get Kohinoor Basmati Rice or Pilsbury Atta, or do you get them the local grocer? How does packaging of the product affect your buying? Does it affect the cost? Does it affect the local farmers? Or is packaging a free gift that determines what you want to buy?

Labelling our taste buds.

You see a label here. Note the main ingredients. Does it contain additives and/or genetically modified food? Did you eat a packet of chips during the break today? Just check the packets you ate from. What is the information do you see there? Why do you see so much information on this label? Have you noticed any differences in labels of food and other products made in industrialised countries like the US as compared with products made in India? Why is this so?

Cut and paste packet labels from different products. Compare. ▼

KRISPY KRUNCHIES

Nutrition Facts
 Serving Size 1 package
 Servings Per Container 1

Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	
Sugars 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.
 Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS: CORN, VEGETABLE OIL, (contains one or more of the following: CANOLA, CORN, OR SUNFLOWER, SOYBEAN) OIL, CHEESES (CHEDDAR, ROMANO FROM COW'S MILK), SALT, BUTTERMILK, GARLIC POWDER, DEXTROSE, SUGAR