

Demystifying Food Labels: Your Path to Healthier Choices

Key Takeaways

1

Anatomy of a Food Label

Food Name

Nutrition Label

Statement of
Ingredients

Expiry Date

Halal Logo

Healthier Choice
Symbol

2

5 Key Tips to be a Savvy Shopper

1

Read labels at the back of the packaging, not just front

2

Scan the first 3 ingredients, they make up the largest portion of what you are eating

3

Look for a shorter ingredient list, fewer ingredients the better

4

Keep an eye out for added sugar – *cane sugar, invert sugar, corn sweetener, dextran, molasses, malt syrup, maltose, and evaporated cane juice*

5

Look out for partially hydrogenated oils on ingredient list even if nutrient label says zero trans fats

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