

Improving Your Healthy Diet

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Research and Development

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Abstract

The purpose of this research was to inform readers on how they can improve their diet and inform themselves on what exactly is in their package. After reading many articles I have learned that the root of an unhealthy diet is that the consumers have minimal knowledge on what goes into their food package. To learn more about the underlying cause of poor diets, I researched the importance of food labels, food packages, and a healthy lifestyle. This research could help a reader learn that taking a few extra minutes in the grocery store to read food labels and the ingredients list could be beneficial for a healthier lifestyle. The final solution and proposal is to inform consumers on what they are putting into their bodies.

Introduction

The food industry has many components to their production process. They make the product, package the product, and label the product to ensure consumer's safety. Part of consumer safety is knowing how to read a food package properly. The food package is designed to protect the product and consists of many sections in which it informs consumers on what they are putting in their bodies. This makes it easier for shoppers to hold a strong diet and healthy

lifestyle. Healthy lifestyles are made easier when the ingredients list is exact, and the food label is accurate.

Literature Review

The problem I have been researching is how a consumer can make it easier to maintain a healthy lifestyle. Today, the healthier foods tend to be more expensive than the not so healthy food, making it easier for consumers to buy the unhealthy things. For example, healthy things like organic foods, fruits, and vegetables are more expensive than a bag of chips or a box of cookies. Although this is the case, people may consider spending the extra few dollars on healthier foods if they compared the healthy food with the junk food. You can do so by reading the package.

Food safety is a big part of staying healthy, as is practicing a healthy diet. When purchasing food products, people tend to look at the food labels on products they pick up to observe the calories, carbohydrates, sodium percentage, etc. The package of the product must contain this information as well as ingredients, any cautions, and specific directions for the best outcome when cooking in order to keep consumers aware. When looking for a food label you must observe the packaging. Typically, the food label is printed in black and white on the back of the package. Under the food label, lists every ingredient that is used to create the item. This ensures that every consumer is aware of what they are putting through their bodies as dietary precaution. The packaging, on the other hand, is to protect the product itself from anything harmful it may encounter.

Any product ever created has had a “journey”. The raw commodities that are needed to make the item could be freshly picked from your local farm or cut from a recently slaughtered

animal. From there, it is shipped somewhere, in proper storage, somewhere for it to be cleaned and/or processed. After processing, the commodity is once again packaged. On the package should be the name of the product in which the package contains any chemicals, any ingredients added to the product, etc. This keeps anyone encountering the product safe. The package the product is placed in is unique to the product itself. For example, cereal is typically in a bag inside of a box in case the box becomes damaged in shipping or it breaks open in a store. Poultry is laid in a Styrofoam tray and wrapped in airtight plastic with a packet underneath the meat to soak up any blood or extra moisture to ensure freshness.

To conclude, the packaging and food labels are the most important part of the products you purchase because it allows the consumers to know what they are buying as far as nutrition facts and any allergens. The packaging keeps the product safe and fresh and includes directions on how to properly prepare the food product to ensure consumers are getting the best out of their meals.

Materials and Methods

Internet- Google

Food Science notes- labs, experiments, etc.

1. Come up with 3 SMART goals for the paper
2. Formulate questions you want the answers to and research specific ideas based on questions
3. Get information on food labels and packages
4. Get information on comparing healthy food with junk food
5. Take notes on paper

6. Cite each website in APA format
7. Formulate research paper

Results and data

With the findings from the research, I also learned that there are laws that make sure all requirements of a food label are met and accurate. If a company is caught lying about their ingredients or nutrition facts or simply leaving it out, they can be in huge trouble. In addition, if a bacteria outbreak takes place, the company must recall every food item that has been potentially affected. A recall means the product is collected off the market and sent back to the company or factory it came from and it is tested and disposed of.

Conclusion

In conclusion, finding the healthier foods and reading the packaging can save a consumer from risking their healthy lifestyles. Although it is cheaper to buy unhealthy foods, your body needs the healthy things to keep going. Doing research on what ingredients is good for your body could be beneficial when searching for the right foods to bring into your home. If you're interested in trying new foods in the store, do research, read the nutrition facts, and read the ingredients list. Spending the couple extra dollars on healthy foods is more beneficial to your healthy lifestyle than just settling for your bag of chips.

Resources

1) Google Images

2) LaBarbera, M. (n.d.). Food Label - Importance of Reading Food Labels - Value of Reading Food Labels To Find Healthier Foods. Retrieved January 7, 2020, from

<http://www.nourishinteractive.com/healthy-living/free-nutrition-articles/161-family-facts-importance-reading-food-labels>.

3) Cartmell, N. (2017, April 15). What is the importance of good food packaging? Retrieved January 7, 2020, from <https://medium.com/@nancycartmell/what-is-the-importance-of-good-food-packaging-a54db95c7d44>.