

What did students learn from label reading

Based on the information given in the last update of website, selected classes of all branches (Std 7th onwards) were asked to visit the market and get packets or bottles of their favorite snacks and drinks. In the school, in small groups of children read labels under guidance of teachers; and commented on which were the healthy or unhealthy options, based on label information. The information is compiled and given below

NAMES OF HEALTHY SNACKS & DRINKS			
Snacks	Frequency	Drinks	Frequency
Saffola Oats, Cornflakes	+++	Amul Lassi, Amul Flavoured Milk, Amul Milk, Soya Milk	+++
Chocos, Real Sev Mamra, Popcorn, Oats Biscuits, Roasted Nuts, Marie Biscuits, Patanjali Wheat Biscuits, Whole Wheat Bread, Parle-G, Crack-Jack Biscuits	++	Fresh Juice, Tropicana Juice, Margo Juice, Amul Kool	++
Amul Butter, Horlicks Powder, Dark Chocolate, Atta Maggie, Whole Grain Biscuits, Hide And Seek Biscuits, Ratlami Sev, Real Namkeen, Britannia Sooji Rusk Toast, Real Farali Chevda, Balaji Chataka Pataka, Real Kurkure, Gopi Moon Chips	+	Patanjali Amla Aloevara, Coffee, Glucon-D, Tang Powder, Green Tea, Curd, Butter Milk.	+

Reasons why they are healthy (compiled for all snacks and drinks)

- Snacks: Have less or no fat; less salt or sugar; contain carbohydrates, protein, vitamins and minerals; rich in fibre
- Drinks: have less sugar, have calcium (milk based drink), have vitamins and minerals

NAMES OF UNHEALTHY SNACKS & DRINKS			
Snacks	Frequency	Drinks	Frequency
Lays or Balaji Wafers	+++	Coco-Cola, Pepsi	+++
Maggie, Kurkure, Aloo Sev, Farali Chevada, Balaji Chataka Pataka, Yam Sticks	++	Thumps-Up, Sprite, Apple Fizz, Maaza	++
Aloo Bhujiya, Sing Bhajiya, Real Namkeen, Gopal Sev Mamra, Popring, Moong Dal.	+	7 Up, Mountain Dew, Fanta, Dew, Mirinda,	+

Reasons why they are unhealthy (compiled for all snacks and drinks)

- Snacks: High in calories, fat, sugar, sodium; have little nutrition; no vitamins or minerals
- Drinks: contain large amount of sugar, artificial sweetener, rich in calories; have no vitamins



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