

# How to select fried food

## Detail Introduction :

Fried food is one of the traditional foods made from materials such as flour, beans, potatoes, vegetables, fruits, etc. According to private recipes, people deep fry these materials to make all kinds of fried snacks. Snack Production mixes various ingredients to produce high-class snacks.

People love fried food because of the perfect combination of color, aroma, and crispy taste. But one important fact is that eating a lot of fried foods is harmful to your health, still, people can't stop favoring snacks. So we must pay more attention when we select these products because choose the right snacks do less harm to your body.

Here are some tips to help you select the fried snacks.



### 1. Check the brand

Although brand makes little difference to the food quality, you should know famous brands indeed are guaranteed. Try to pick up well-known-brand products when you shop in the malls or markets.

### 2. Check the label

You'd better buy pre-packaged products and check their labels. The standard production label must be marked with product name, ingredients, production date, expiry date, net weight, factory address, factory name, product standard number, etc.

### 3. Check the production date



Pay more attention on the production date; check its expiry date and select the recently produced one.

#### 4. Check the package

For some fried snacks with packages, you can check whether they are well-packaged, remember to choose the well-packaged products instead of the ones with a hole without gas in.

#### 5. Smell it

You can tell whether the product is good or bad through its smell. If it has a different smell, the product may go bad, you know the good one always smells good and people feel like eating it.

#### 6. Use special apparatus to test

Small-scale unlicensed factories produce problematic products containing high food additives that exceed the standard. It does a lot of harm to your body if you always eat these problematic snacks. You can use a special apparatus to test the additives if possible to see if it contains excessive edible pigment, metals and so on, and cyclamate.

These useful tips help a lot for fried food selection. Once you remember these tips you will be able to select healthy and qualified products. One more thing, almost all these deep-fried foods tend to be high in calories, trans fat and sugar, so you should be aware of your health condition in fried food selection.



Something you must know about fried food

1. Do not eat a lot of fried food for a long time. You will have too much calorie and fat intake and easily lead to fat accumulation in your body, thus you will be obese.

2. If you are a patient with high blood pressure, diabetes or you just basically can't have too much sugar intake, I kindly suggest you have less or quit these fried snacks.

3. Check the quality of the product; check the smell and color. If there is no bad smell and mildew color, and it gets crispy texture then it's ok to eat.

4. Children and teenagers are at a critical period of physical growth and development, they should be on a balanced diet. Which means they should eat more nutritious foods. When they ask for fried food, the time and quantity are also very important.

I believe you have learned the tips of fried food selection and some special important points while eating. Fried Snack Production Line produces pretty healthy and safe products. But everything has two sides. Even the most healthy food harms your body if you overeat it. So here is my advice to you, do not eat fried food too much.

hope you always stay healthy .