
Improve your
workplace
productivity
through improved
health awareness.

Food Talks
Nutrition
workshops topics
also include *Mood &
Food, Food for
Energy, Superfoods
and in-house
nutrition
consultations for
employees.*



Healthy Shopping & Understanding Food Labels

Workplace Health
Programs

CONTACT US

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SODIUM | SALT

Baking powder, booster, sodium, meat or yeast extract, onion salt, monosodium glutamate (MSG), rock salt, sea salt, sodium bicarbonate, sodium metabisulphite, sodium nitrate, nitrate or stock cube, sodium, rock salt, onion salt, celery or garlic salt, vegetable salt, MSG, yeast extracts, booster, stock, baking soda, sodium bicarbonate



Added salt, sugar and unhealthy fats are often hidden in foods under different names.

Always read ingredients lists before you purchase packaged foods.

FAT

Butter, shortening, coconut, palm oil, copha, cream, dripping, lard, mayonnaise, sour cream, vegetable oils and fats, hydrogenated oils, full cream milk powder, egg or mono/di/triglycerides, oil, tallow, cream, milk solids, monoglycerides, diglycerides or margarine.



SUGAR

Brown sugar, corn syrup, dextrose, disaccharides, fructose, glucose, golden syrup, honey, fruit juice concentrate, fruit syrup, lactose, malt, maltose, mannitol, maple syrup, barley malt syrup, rice malt, coconut nectar, syrup, molasses, monosaccharides, raw sugar, invert sugar sorbitol or xylitol.