

THINGS TO PAY ATTENTION TO WHILE PURCHASING FOOD

The quality and freshness of the food consumed is very important for people to be healthy.

For this reason;

- You should prepare a shopping list before going shopping.
- You should do a market research for the prices and chose food groups. There are cheap and expensive foods in each group. For example, apples are in the same group as bananas, but they are cheaper.
- You should pay attention to the quality and the hygiene of the foods you purchase.



THINGS TO PAY ATTENTION TO WHILE PURCHASING FOOD

- You should not buy things without packages apart from fruits and vegetables.
- You should buy things that may spoil quickly like meat, poultry and fish towards the end of shopping. These foods should not be in contact with foods in the shopping bag that are consumed without cooking and should be put into the refrigerator as soon as possible (within 2 hours and 1 hour in hot weather).



THINGS TO PAY ATTENTION TO WHILE PURCHASING FOOD

- Frozen foods should be taken at the end of shopping. You should make sure they have not defrosted.
- Frozen foods should be put into the freezer before they defrost and if defrosted, should be consumed immediately.
- You should not purchase broken, cracked or dirty eggs and eggs need to be placed into the fridge without washing.
- You need to prefer cheese produced from pasteurized milk, mature and cured for a long time instead of cheese from un-pasteurized milk.
- You should not use milk if you do not know the source and if it is sold in the street. Prefer pasteurized and UHT milk.



CHOOSING HEALTHY FOOD

For healthy nutrition;

- You need to choose natural and fresh foods.
- Avoid foods with a lot of additives.
- Prefer cereal that have been enriched or not refined (choosing brown bread with bran instead of white bread)
- Do not buy canned products with convex lids.
- Prefer low-salt foods.
- Choose fruits, milk or ayran instead of carbonated drinks.



CHECKING THE PACKAGES AND READING LABELS

Food packages should protect the product and avoid spoiling the best way possible.

Both the package and reading the labels are very important to protect the consumer.

While purchasing a product you need to check;

- The production and expiration date and the shelf life,
- The name and address of the producer,
- The permit given by the Ministry of Agriculture and Rural Affairs,
- The contents and the nutritive value,
- The net weight,
- The conditions for preparation, consumption, storage, and preservation,
- That the package is not damaged.



PURCHASING FOOD

