

Organix



NO JUNK PROMISE

DO YOU KNOW WHAT'S IN THE FOOD YOU BUY?

The potential side effects of additives, pesticides and poor nutrition in a diet can be a cause for concern. So when you're shopping for food, for you or your baby, check the label so you know what's in it.

Turn over to see what you should avoid, and if you spot something you don't like, choose an alternative.

Perfect for
your
purse

Check food labels

Consider buying organic and avoid the following:



- X Added Salt** - Babies up to 12 months need very small amounts of salt, less than 1g (0.4g sodium)/day. 1-3 year olds should eat no more than 2g of salt/day
- X Added Processed Sugars/Sweeteners** - Sugar, glucose syrup, sorbitol, maltodextrin, dextrose, aspartame and acesulfame K
- X Fat** - Hydrogenated/partially hydrogenated fats - Avoid snack foods such as biscuits or cereal bars with more than 5g of saturated fat per 100g
- X Colourings** - Particularly E102, E104, E110, E122, E124, E129
- X Flavour Enhancers/Flavourings** - Monosodium glutamate (E621), yeast extract, natural/nature identical or artificial flavourings
- X Preservatives** - Particularly sodium benzoate (E211) and sulphur dioxide (E220)
- X Starches/Thickeners** - Unnecessary cheap ingredients used to thicken or bulk out foods e.g. rice starch, wheat starch and corn starch

For more information about our No Junk Promise visit organix.com