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Three things I consume on a daily basis:

1. Quaker Oatmeal (cup/bowl) – Maple & Brown Sugar flavor
2. Kraft Mac & Cheese (cup/bowl)
3. Nature Valley Fruit & Nut Bar

High Risk Ingredients found in these foods ...

1. Milk (Mac & Cheese)
2. Wheat (Mac & Cheese)
3. Soy (Quaker Oats & Fruit Bar)

These findings did surprise me to a certain extent – on the nutrition label, I noticed that ingredients like these were always highlighted in bold letters, and never really understood why. After doing my research and finding out that they are high risk ingredients, I now understand the meaning behind their specific display on the nutrition label.

Non-GMO Alternative Foods to each food item, respectively:

1. Quaker Oats Organic oats (original flavor)
2. Annie's Organic Vegan Mac Cheddar Flavor
3. Navita's Organic Cacao + Tart Cranberry Nut superfood bar

Compare & Contrast: As compared to the original, the non-GMO version has more natural ingredients, stuff that I've actually heard of for the most part, nothing confusing or completely unfamiliar.

In conclusion, I have made the decision to completely switch over to the non-GMO alternatives! (:

For the full slideshow post, click this link: https://www.instagram.com/p/Bpl6P_-lnw4/?hl=en&taken-by=lakshitaKundal

