

12 interesting facts about food that everyone should know

Invite you to consult 12 interesting facts about food that everyone should know in the article below!

1. 5 types of food should be washed and 5 foods should not be washed before processing
2. 7 ways to combine food can be harmful to your health
3. 10 very good foods for the liver that you should not ignore

It seems that we know everything or almost everything, what we eat every day because we often read labels before using them. But can we confirm this?

Food is an essential part of maintaining life but there are interesting facts that you never knew. Therefore, we have compiled a special list of things that will make you curious and change your perspective on traditional food. Please refer to **12 interesting facts about food that everyone should know** in this article!

12. GMO cultivation is allowed in most countries around the world



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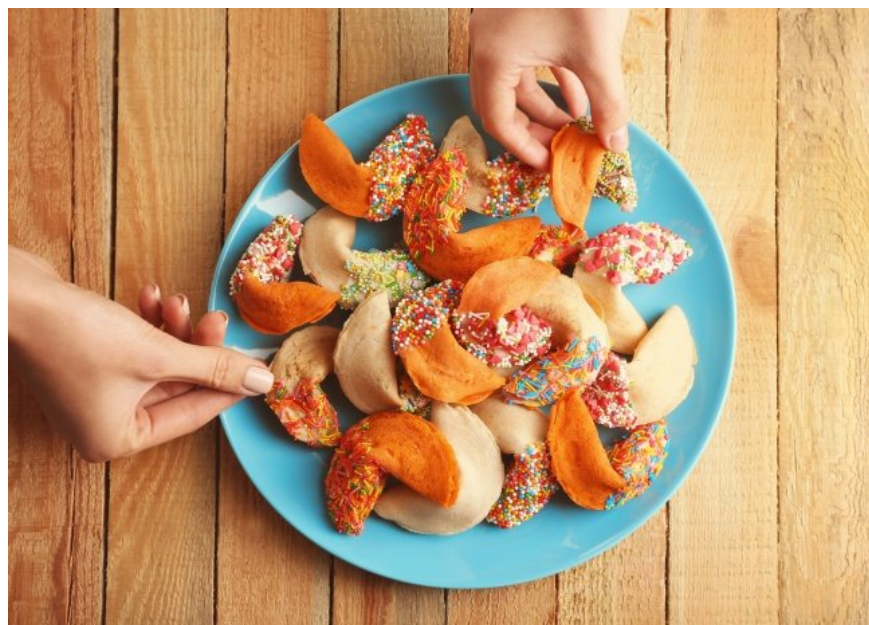
In most countries around the world, **genetically modified plants** can be grown without any restrictions because there is no scientific evidence that these crops are more harmful than natural plants. . The most common genetically modified foods are soybeans, corn, cotton, canola and sugar beets.

11. Real balsamic vinegar is never cheap



Traditional balsamic fragrant vinegar is produced from freshly harvested white grape juice, boiled to concentrate, then fermented for at least 3 years (*the best type up to 100 years*). Of course, such complex production processes affect its price. That's why if you buy a balsamic vinegar for only a few US dollars, you can be sure it's not genuine.

10. Fortune cookies are not from China



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These cute biscuits are often considered to be part of Chinese cuisine. But the truth is not so. You will not find them in China. Because in fact, biscuits are lucky to be invented in San Francisco by Japanese Americans (*not*

Chinese).

9. Wasabi fake



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True **wasabi** can only be found in Japan, where it is grown under certain conditions: flowing water and temperatures of 10-17 degrees C. Wasabi roots are incubated for 3-4 years and 1 pound (*453 grams*) The real Wasabi cost more than US \$ 100. That's why they often use fake wasabi outside Japan, which is extracted from wormwood, mustard powder, starch and green food coloring.

8. We eat insects without knowing it



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Carmine food color , also known as *E120* , is used to add red to food products. But not everyone knows that Carmine products are made from carmine acid, created by an insect.

7. Tomato sauce can be produced without tomatoes



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Although tomatoes are cheap (*when compared to Wasabi*), they are often replaced with cheaper ingredients, such as apple sauce, other thickeners, coloring products and other additives. To distinguish a cheap tomato sauce, first look at its color - red or dark red. In fact, real tomato sauce should not be too much water.

6. Why do crackers have holes?



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Small round holes on biscuits are not for decoration . In fact they work to make sure the piece is baked properly. Otherwise they will not be thin and brittle. Revealing more to you, the first cups made in the US also have holes made by hand. The number of holes in the cup is 13, corresponding to the number of US states at that time.

5. Canola oil and canola oil are the same products



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The name ' *canola* ' actually means **Canadian Oil, Low Acid** . It is different from regular canola oil in the amount of erucic acid (*up to 2%*), organic matter not only negatively affects taste but also heart toxicity.

See also: 14 harmless foods but if overdose can cause death

4. The amount of calories displayed on the packaging may not be accurate



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The problem here is **an outdated calorie measurement system** . For example, it does not account for each individual being able to absorb different calorie levels. Recently, scientists have discovered that almonds have 20% less calories and 5% less seeds than the original study.

3. Some foods may disappear forever



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Unfortunately, due to global warming and other negative factors, some foods are on the brink of extinction, including:

1. Certain apples need colder winters.
2. **Butter** . Because growing this plant is not profitable, harvesting 1 pound (*453 grams*) of butter requires 492 liters of water.
3. **Bananas** are affected by fungal outbreaks, causing plants to die quickly.
4. **Honey** In recent years, the number of bees has decreased significantly. The reason is that Asian mites, pesticides and nutrition sources feed the bees.
5. **Chocolate** . According to scientists, the quality of cocoa beans has decreased significantly in recent decades, so the harvest from this crop has halved.

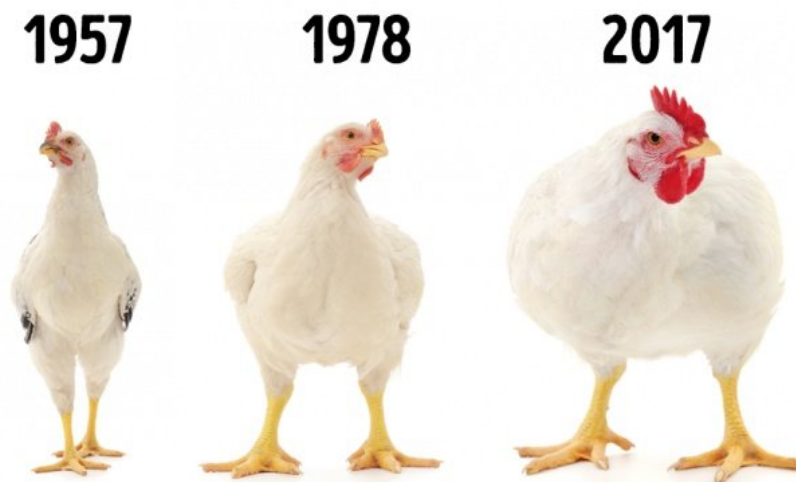
2. Candies chewing fruits contain the same wax of cars



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In addition to gelatine, coloring products and other ingredients, fruit marshmallows also contain **carnauba wax**, a type of wax from palm leaves. This same wax is used for automotive waxes, furniture waxes and even used in the beauty industry.

1. Broiler chickens are getting bigger and bigger



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Over the past 60 years, **Broiler** breeds have grown larger, especially their chest and legs. Some people say that hormones and steroids have made this change. However, farmers believe that the growth of chickens is not caused by stimulants but by **improved breeds and better living conditions**.

Bonus: The most expensive pizza in the world



The composition of this world's most expensive pizza includes truffles, Ossetra caviar, Stilton cheese and 24K thin gold leaves. It's hard to guess if its taste is worth the money. But if you have \$ 2,700, you can try it at Industry Kitchen in New York.

See also: Check out 10 kinds of special foods that are harmful to teeth

Having fun!

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