

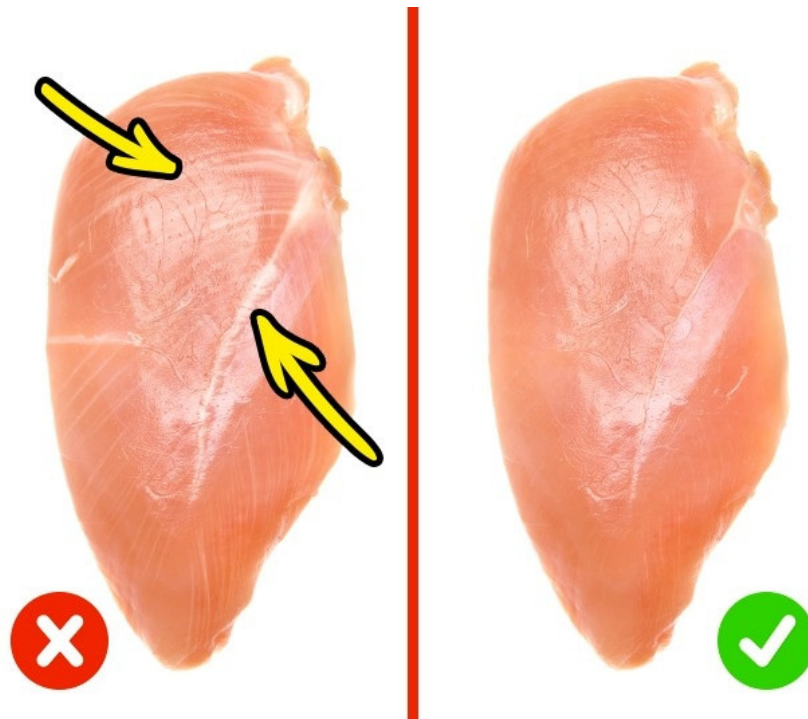
# Do 10 ways of checking food with eyes often get mixed with chemicals?

A few small secrets to be able to distinguish between fresh food and mixed food to protect your health and your family.

Currently dirty, poor quality or mixed with impurities appear rampant in the market, making it difficult for consumers to distinguish between clean and real foods. Dirty foods when put into the body greatly affect the health of users. Therefore, in addition to choosing reputable goods to buy, you also need to pocket for yourself a few small tips to distinguish between fresh food and mixed food to protect health healthy for yourself and your family.

## 1. Chicken breast

Chicken breast is a delicious dish and is no stranger to many people, especially those who like to exercise, bodybuilding and lose weight.



But how to choose chicken breast is good, do you know. To get a good idea of ??the chicken breast pieces and not get the growth hormone, you should observe the white stripe on the meat. If the thick layer of white and fat

stripes shows that the chickens have been injected with growth hormone, the chickens grow fast and have lots of meat.

Besides the color of chicken pieces is also very important. If the chicken is yellow, the piece is no longer fresh, please skip it.

## 2. Cheese



Want to know if cheese is mixed with starch or impurities? You can use a few drops of iodine - antiseptic solution (purple medicine) to cheese to check.

If this solution turns dark blue, it means that this cheese has been mixed with starch. Conversely, if pure cheese, not blended, it will appear yellow or brown.

Besides the above way, you can also check the cheese at room temperature. If cheese contains vegetable fat, it will turn yellow. If there are impurities will change color and sour taste.

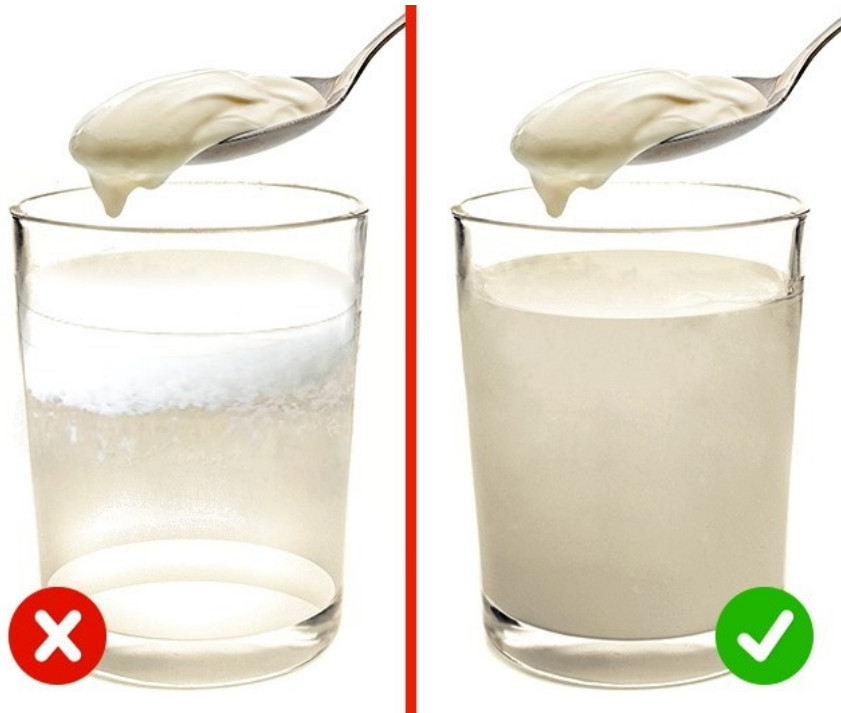
## 3. Honey



Want to check the quality of honey, just put a little honey on a flat surface, and use a small stick to check.

1. If fake honey, poor quality, it will drip and spread out the whole surface like water.
2. If honey is good, it will flow into streams.
3. If you taste honey too sweet, it may have white sugar.
4. If caramel flavor is present, honey may have been preheated.

## 4. Yogurt



To check yogurt you are using, does it contain vegetable oil? Very simply, you just need to use 1 cup of hot water, then add 1 tablespoon of yogurt to the cup of water to stir. If low-fat yogurt and a lot of impurities are small, the ice cream will freeze on the surface of the cup, while the lower layer is clear water. And pure yogurt will form a homogeneous liquid of solid color and consistency.

## 5. Frozen vegetables and fruits



For frozen fruits and vegetables that want to check the quality of the product, you can see if these foods are snow-packed.

If the product is encased in ice or snow, those products are not preserved properly.

Only choose products with a light and thin layer.

## 6. Types of fish

See also : Simple tips that make it easy to identify fresh, delicious fish

## 7. Types of meat in general



For meats like pork, beef . press your meat with your finger. Fresh meat will have elasticity.

In terms of color, if the piece of meat has unusual colors such as dark or black, the edges of the meat are white, this piece of meat contains many toxic preservatives. You can also use paper to gently wipe the meat. If the paper is soaked in water, blood means that the piece of meat is no longer fresh and delicious. Fresh meat pieces are usually pink and very dry, without blood.

## 8. Vegetables and herbs



When choosing to buy vegetables, you can pick up the vegetable bundle upright in the sky, if the vegetable leaves are down, the vegetables withered are no longer fresh. Conversely, if vegetables stand upright, this vegetable is still fresh, so choose.

Besides, you can also rely on the color of this vegetable, if the vegetable is too dark, the long stem means the vegetable has been watered too much nitrate.

## 9. Cheese



With cheeses containing impurities that are easy to break when cut, pieces of cheese are usually dry, cracked quickly if not packed. And pure cheese keeps its shape.

## 10. Ice cream



Leave cream at room temperature.

If the cream is mixed with a lot of impurities, it will melt quickly and create a liquid liquid. The cream of good quality will be long-lasting and when melted, it will form a thick, white, solid mixture.

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