

Top 7 most easily counterfeited foods today

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Recently, there have been many cases of fake food that have been uncovered, causing public opinion to be alarmed and worried about **food safety** . The worrying thing is that these fake foods also have a very sophisticated appearance, so real that if you don't pay close attention you are hard to distinguish.

The food is on the table or in your refrigerator is not necessarily hygienic and 100% real. They can be faked under sophisticated techniques, see how to detect fake foods and avoid buying them!

Coffee Roasters



Roasted coffee can contain barley, wheat and roasted soybeans. In order to reduce production costs, many places can even add wood or soil mites.

How to protect yourself?

Buy coffee beans to grind or bring them to the shop for people to grind.

Pomegranate Juice



© jeepersmedia

On the packaging the product advertises 100% fruit juice mixed with pomegranate and blueberry seeds as if it were two main ingredients. However, it is possible that this water bottle has been diluted with cheaper apple juice or simply water.

How to protect yourself?

Carefully read the ingredients to see what pomegranate and blueberry juice rank in the order of ingredients and their proportions.

Olive oil



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Buy an expensive bottle of olive oil, but you can only bring home a bottle of corn, palm oil or soybean oil.

How to protect yourself?

To identify counterfeit goods, pour some oil into a glass, then put it in the refrigerator. Real olive oil will deposit in the bottom of the glass.

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Parmesan cheese



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This is one of the most counterfeited foods. This cheese can contain up to 10% of the wood (*sawdust*) - a cheaper cheese mixture but presented as Parmesan cheese.

How to protect yourself?

Buy whole cheesecake and carefully read the ingredients on the label before paying.

Honey



© inflatabill

When it comes to counterfeiting honey, people's imagination is without limits. Usually honey is diluted with syrup containing high fructose content.

How to protect yourself?

Therefore, when buying honey products, read carefully the storage conditions. Real honey does not need to be stored in a refrigerator.

Sushi



© pixabay © pixabay

Red red pieces in sushi rolls are usually not salmon, maybe some kind of cheap fish (*even some are colored*).

How to protect yourself?

If you like salmon, it's best to order whole salmon fillet.

Rice



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Among all types of counterfeit goods, this may be the most dangerous type. The photo above is rice made from powder mixed with plastic, these grains are like rice grains and they even have the same smell because they are sprayed with aromas of real rice.

How to protect yourself?

Fake rice is not submerged in water and it can burn like plastic when burned. Pay attention to the manufacturer and only rely on a reputable brand to avoid buying inexpensive, semi-cheap products on the market today.

Having fun!

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