

Glossary:

nutritional value: Information about the energy (measured in **calories**), the macronutrients (carbohydrates, protein, fats), micronutrients (vitamins and minerals) and phytochemicals of the food

flavour : the distinctive taste of a food or drink.

Use-By date : These dates indicate when a product will start deteriorating in quality and flavor.

Expiry dates: expiration dates indicate when product will expire due to spoilage which means unfit for use.

Use-by dates: Except for "use-by" dates, product dates don't always pertain to home storage and use after purchase. "Use-by" dates usually refer to best quality and are not safety dates.