

#FOOD

For A HEALTHY TOMORROW



“You are what you eat,” the saying goes. And ‘what you eat’ is a matter of endless discussion, debate and concerns too, from diets and yummy recipes to the worries and perplexities surrounding food safety.

Let’s zero in on food safety! After all, it is World Food Safety Day today. And it is also a major issue to be dealt with in Bangladesh, as it is all across the world; during the pandemic, it is even more crucial.

On this special occasion, Star Lifestyle brings you various info and insights on food safety, which we hope shall help you in making more informed choices as an aware and health-conscious consumer.

If you think about it, with so many myths, theories, offerings in the market, unanswered questions and misconceptions, it can be a whirlwind of confusion for people.

One big concern is of course food adulteration; and stories such as usage of harmful — or overdoses of — preservatives are not unheard of. And then there is the issue of food processing and technology. Does processed food automatically mean ‘unhealthy food’? Not really!

We also need to keep in mind that we can’t farm and produce food mindlessly. There must be science behind it, and the science used for it should come with the promise of both availability and safety of food — plus, the promise of putting less stress on the

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environment.

In the centre of it all are, well, you and me — the consumers! In any given day, we take numerous decisions on food, striving to choose what’s best for our children, trying to secure a healthy tomorrow.

In fact, the theme of this year’s World Food Safety Day has aptly been set as: ‘Safe food today for a healthy tomorrow’.

Therefore, we look at many aspects involving food safety; particularly focusing on milk, as it is something which is on everybody’s grocery list, an item which has immense nutritional value, and also a food on which people seem to have many questions and queries about when it comes to its safety.

UHT milk has created a buzz among consumers, and much has been talked about its sound packaging, long shelf life, etc. So, we’ve spoken to experts, industry leaders and trendsetters in the national and international arena and as well as consumers, to scoop out essential insights we all should know.

On the other hand, what are some of the latest technological advancements — such as aseptic technology by Tetra Pak — that have stretched the horizon of food safety without reducing its nutritional value? Also, what are your rights — and with equal importance — what are your responsibilities, as a consumer?

Dive into our special issue of Star Lifestyle to find all these out and much more.

Here’s to a healthy tomorrow!

By M H Haider
Photo: Sazzad Ibne Sayed

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