

In most foods but bad in excess or may need to be monitored

**Sugar**

**Sodium**

**Fats**

**Carbohydrates**

**Artificial  
trans fats**

**GMOs**

**Artificial  
coloring**

**Artificial  
sweetener**

Genetically  
engineered or  
human altered food  
that could be  
nondisclosed to the  
consumer

## What is actually in your food?

### Problem Statement

Our users are frustrated because many of their everyday food products contain unhealthy ingredients and they feel like major food companies are manipulating them. Our solution should provide users with the information to be more knowledgeable when selecting their future food supplies.

**healthy  
options**

**sugar--  
Stevia**

**fats--jam  
on bread**

**carbs rooted  
from chips-  
kale**