

翁子涵

In this busy world, sometimes a meal becomes a mere bowl of chilled noodles from the convenience stores. Why not? It saves time and effort and is delicious. In fact, chilled noodles are the bestsellers among the chilled foods. But, wait, is it safe to eat? Well, to begin with, the packaging says noodles must be kept at a temperature of 0 to 7 degrees. If you look at the photo, you will see the noodles are kept at open displays and I am pretty sure the temperature is higher than 7 degrees. No wonder there have been many bacteria problems with these noodles. Here are some frightening news reports.

Then, what about the ingredients? The most popular New Chinese chilled noodles from 7-11 would include the usual noodles, shreds of eggs, cucumber and carrots, soybean oil, and the emulsifier. Nothing out of the ordinary. But upon second thought, you will remember that soybean oil is extracted with the help of secret chemical solutions that the factories will not tell you anything about. The emulsifier that is used to stabilize the mixture of two or more liquids that normally cannot mix has also been known to be a problem. As you can see, there are quite a few small packs of sauces to go with the noodles. There is the garlic paste, the sesame seed paste, and the soy sauce. All of them are made through complicated processes of fermentation with the help of quite a few chemicals. Just think what these things will do to your health.

Family Mart has the same open refrigeration as 7-11, so bacteria will have an easy time growing there. As to the ingredients, Family Mart includes fruit sugar which can cause overweight, addiction, and even increase the risk of heart disease and diabetes. Next, there is caramel coloring, notorious in the event of Coca-cola for possibly cancer-causing. There are many more chemical components listed in the packaging for chilled noodles. We don't know if we should commend Family Mart for being honest or condemn them for piling so many chemical compounds into us.

My only advice to you would be: try not to eat the chilled noodles too often. When you cannot avoid it, you will have to consume at your own risk.

洪詩涵

“QQ soft candy” is the common memory of our childhood. Our parents often use this soft-chewing candy to pacify us when we are sick, and we love it because it tastes good and looks colorful. The flavor and color often lead us to believe that the candy is made with fruits or vitamins, making us feel that it is good for our health. But in fact, when I take a closer look at the list of ingredients, I find lots of synthetic red, yellow, or blue pigments in this product. Synthetic pigments give candy rich and diverse colors, but they are made mainly from coal tar or petroleum. Even though some synthetic pigments are approved for use, they may still imply the risk of creating hyperactive children. And most important of all, the candy does not contain any fruits or vitamins at all. So, why are we still giving it to our children? And why do we still enjoy the candy ourselves? I guess we are not that rational after all.

蔡宜軒

This snack 乖乖 is from the memory of our childhood. On the packaging, the slogans say “non-fried,” “no preservatives” and “non-genetically modified corn.” All of these descriptions are there to make us feel safe and healthy while eating 乖乖. But our hands are always stained with oil after we eat it. So where does that come from? And if we look closely, 乖乖 does use vitamin E as antioxidant, in other words, as preservative. I have heard about this chemical before and knew it was material for chemistry experiments. But today we consume it without thinking. I wonder if it is safe. And if you look at the shelf life of 乖乖, you will find that it can keep for a whole year! Now that really makes me worry. I think I will think twice before I buy any more 乖乖.

劉婷昀

Lip balm is an important daily necessity for me in winter time. No matter where I go, I will keep one on hand. My favorite brand of lip balm is "seba med" from Germany. It is famous for its functions on sunscreen, moisture, and regeneration. On its package, "seba med" claims that there are some plant extracts in it and the slogans about plant extracts on the package attract consumers. However, on the content panel, the ingredients are mainly sunscreens; nothing was said about plant extracts. Instead, there are many more chemical ingredients, but I think since "seba med" is medicinal, the presence of other chemicals is reasonable and I will still choose this product. Lately there are many lip balms that added ingredients to smooth chapped lips and to make the lip balm more durable. I think "seba med" could use a bit more improvement in that area.

翁子涵

Last weekend I got injured in a bicycle accident. Fortunately, I had some first aid knowledge so I could deal with my wound without delay. In the order of first aid process, I used the saline solution to clean the wound and then applied antiseptics to reduce the possibility of infection.

Today, I am going to introduce and compare different kinds of antiseptics. You probably remember from your childhood different colored antiseptics, such as the red solution, the purple solution, the yellow solution, and the notorious Hydrogen Peroxide Solution. The red solution can kill bacteria but it contains mercury and can be toxic. The purple solution does the same thing but will cause purple stains on the skin. Even worse, it could cause cancer. The yellow solution is less toxic but less effective. Finally, Hydrogen Peroxide Solution stings when applied and small bubbles appear on the wound. While it kill the bacteria, it kills our good cells too, and slows down the recovery.

Now let me introduce three other antiseptics. Iodine tincture is made up of iodine and the alcohol. It has been recognized as an effective bactericide, but it can be used only on unbroken skin, not on the wound. Moreover, it has some disadvantages such as irritation at the site of application, toxicity and the staining of surrounding tissues. Povidone-iodine is an improvement of Iodine tincture. It is milder and less toxic and is broadly used in the treatment and prevention of infection in wounds.

Now we have a new antiseptic which is called the white solution. Its ingredients can serve as anesthesia, narrow the blood vessels, reduce swelling and ease pain, and kills the bacteria. I would suggest that you use the white solution on minor wounds.

黃郁容

Walking along the streets around campus, you must have noticed that there are countless drink stores. In addition, there are many convenience stores whose profits come from beverage sales. This phenomenon shows how much people consume bottled beverages. Most of the drinks students consume belong to the category of tea, with milk tea, lemon tea, and green tea ranking as the top three choices. While the advertisement tells us drinking tea is good for our health and it enhances our digestion, which may be true, these tea “beverages” are far from healthy. Just look at the ingredients chart printed on the side the bottle. You will notice that they all contain a replacement preservative called antioxidant, which if we consume too much could cause cancer. Furthermore, the sugar contents in the beverages are usually excessive and the "tea" which you expect to be beneficial for your body turns out to be nothing but chemical compounds and tea flavors. So perhaps we should give up these tea beverages and start to drink real Chinese tea the old-fashioned way, without all these added ingredients.

鄭雅方

Today I'm going to share my discovery 盛香珍's chocolate cookies. Like other cookie products, they consist of flours, sugar, vegetable oils, and food colorings (食用色素). Two ingredients particularly catch my eye. The first one is emulsifier (乳化劑), commonly used to mix oil and water together to make desserts such as cakes, cookies, and ice creams which helps to. However, it contains higher trans-fat. The excess intake of emulsifier will result in hypertension, heart attack or stroke. The other problematic ingredient is palm oil (棕櫚油). Palm oil is widely utilized not only in food but also in manufacturing and industries. It is digestible and easy to absorb for the human body, and with 50% of saturated fat contained, it is beneficial to our health. However, the production of palm oil causes the logging of tropical rainforests in Indonesia and Malaysia, and even the extinction of wildlife there. Never have I thought of such truth behind the cookies I love!

蔡鈞如

Pocari Sweat is a very popular sports drink with ingredients that are supposed to provide us with much-needed electrolyte. But there are also other ingredients listed, such as sodium, KCl, magnesium carbonate. With names such as these, we are really not sure what they are for, or what they will do to our bodies. And there is also the problem of flavoring. I would really want to know what it is, for flavoring is probably just a collective term for things not listed in detail. This is quite strange. Is the company trying to hide something from us? I believe we the consumers need a lot more information than what is printed on the label.

廖元儷

Yakult is a famous dairy product in Asia and it is popular not only because the nutritional value of the probiotic (益生菌) in it but also because of the sweet flavor that makes it a beloved beverage among children. But is it really good for our health? According to the ingredient chart, the sweetness of Yakult comes from granulated sugar liquid (砂糖液糖), fructose liquid (果糖液糖), and corn syrup (高果糖糖漿). World Health Organization suggests that the proper sugar amount for an adult to consume a day is 100 calories. A small bottle of Yakult already has approximately 60 calories, which leaves not much more room for other foods that contain sugar. There is no doubt that probiotic can facilitate digestion, but should we consume it along with such a huge amount of sugar? The answer is an obvious no.

徐資雅

Recently, every Taiwanese tourist to Japan would return with loads of Raytheon chocolate in their luggage; some even took the trip just to load up on this suddenly famous product. Raytheon is a Japanese sweet with 20 years of history, but its sales figure shot up only when it was imported into Taiwan through the convenience store chain 7-11. So, what makes it so unique? Well, take a closer look at Raytheon's nutrition chart, you will see that the calorie and fat content are incredibly high. Two pieces of Raytheon would equal a bowl of rice in calories. If we do not control our intake, it may very well lead to obesity. Another notable point is that Raytheon contains trans fat derived from shortening 起酥油, a kind of oil that adds taste to the chocolate. But trans fat is 3 to 5 times more likely than saturated fat in causing cardiovascular disease, so it is more detrimental to our health. The only compliment I have for Raytheon is its honesty in admitting that it contains trans fat.