

What Are The Nutritional Contents Of The Biscuits That We Eat?

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Myself and my sister like to eat biscuits. Those are sweet, salty and sometimes sour in taste



However, everyone around me telling that too much biscuits are not good for our health though we eat biscuits every day



I was curious about how they are made and I wanted to find out the nutritional content of the biscuits that we eat



Data Collection:

Nutritional facts from the wrapping of the biscuits that were brought to our home were collected

Time Period:

Two months starting from October 2024

Data Analysis:

The data were entered into an Excel sheet and analysed



Sample Size: 55 biscuit wrappings were included. All (100%) were manufactured in Sri Lanka. The average content of each nutritional content calculated per 100g of biscuits. There was an average of energy which was 479.64 kcal. The average content of sugar was 18.81g. The average content of fat and salt were 19.42g and 1.07g respectively (Fig 1 and 2)

Figure 1: Average of Each Nutritional Content

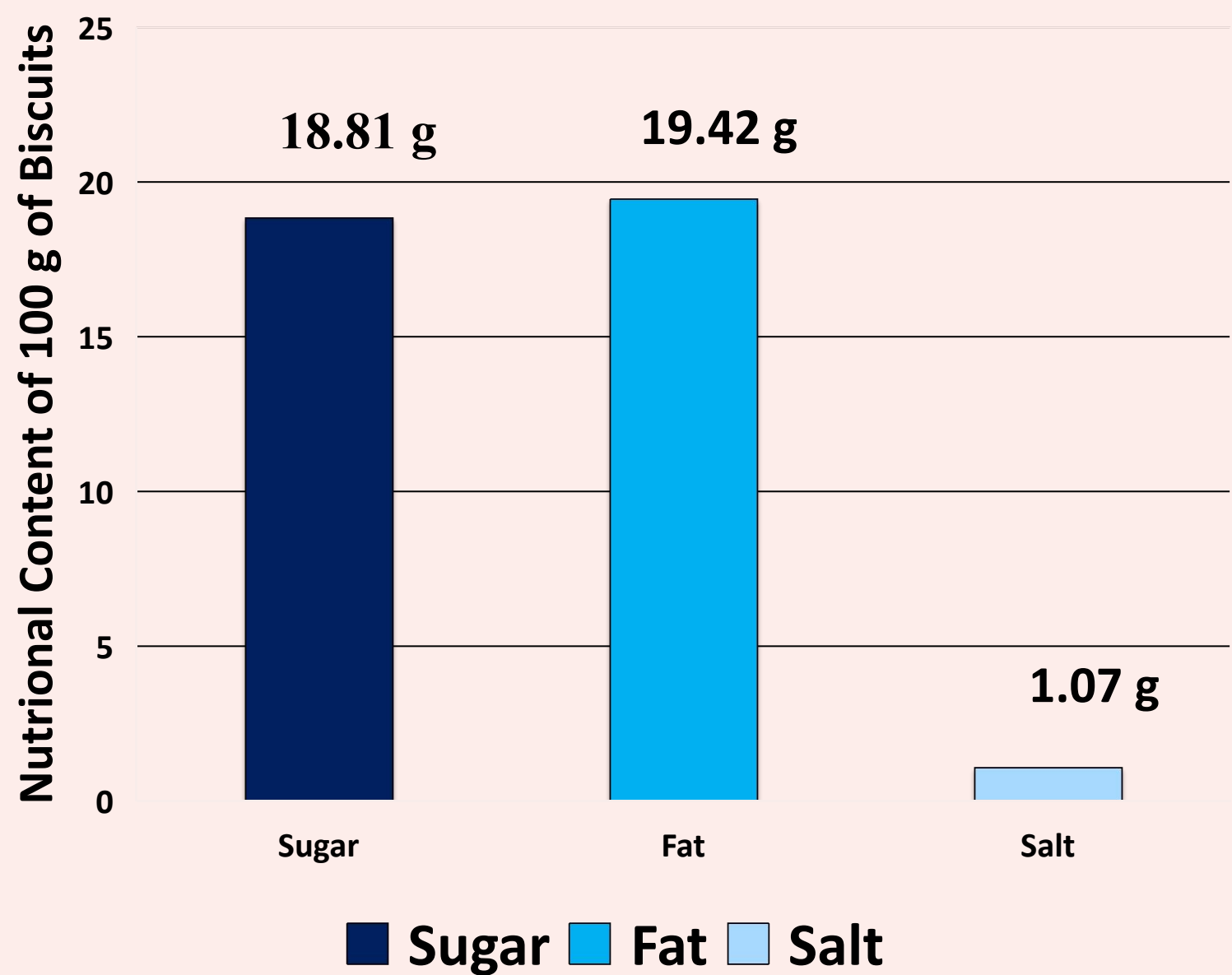


Figure 02: Each Value of the Macronutrients separately

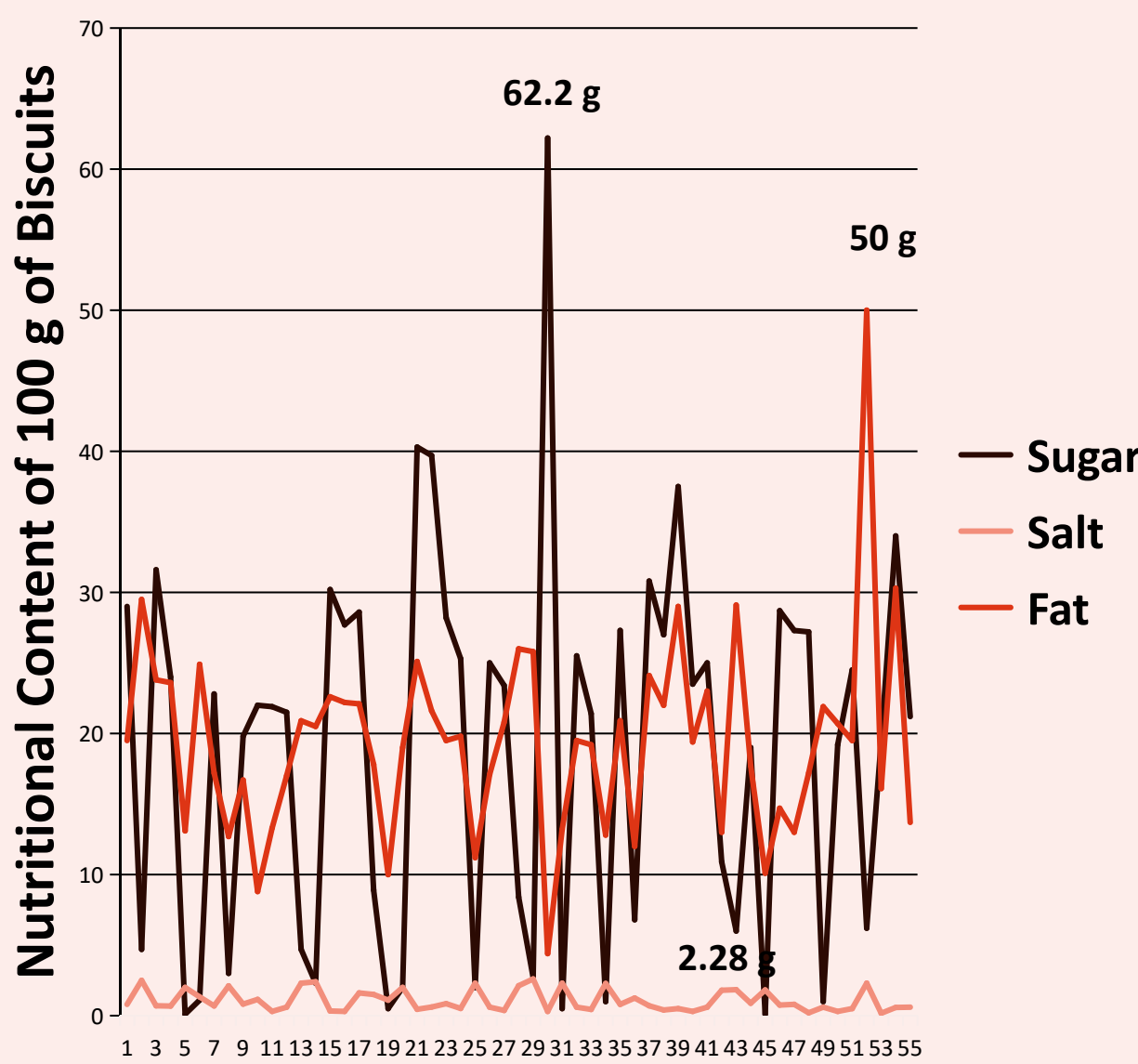


Figure 03: Sugar content according to the colour code of biscuits

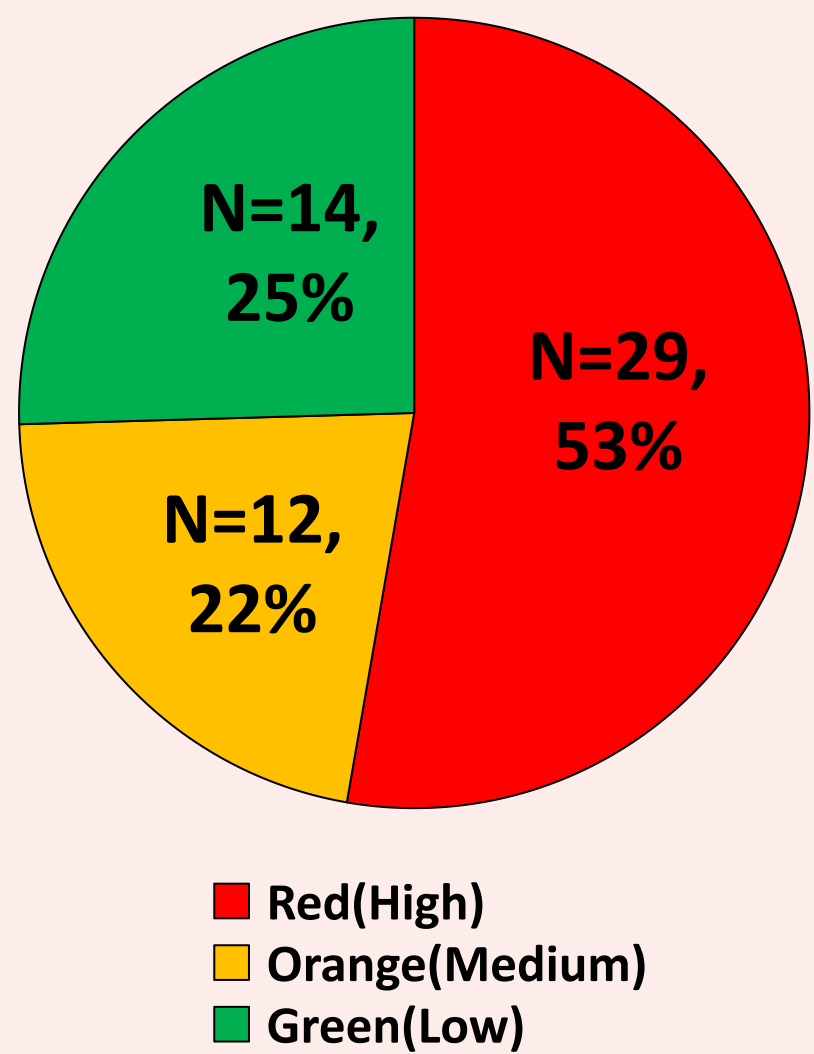
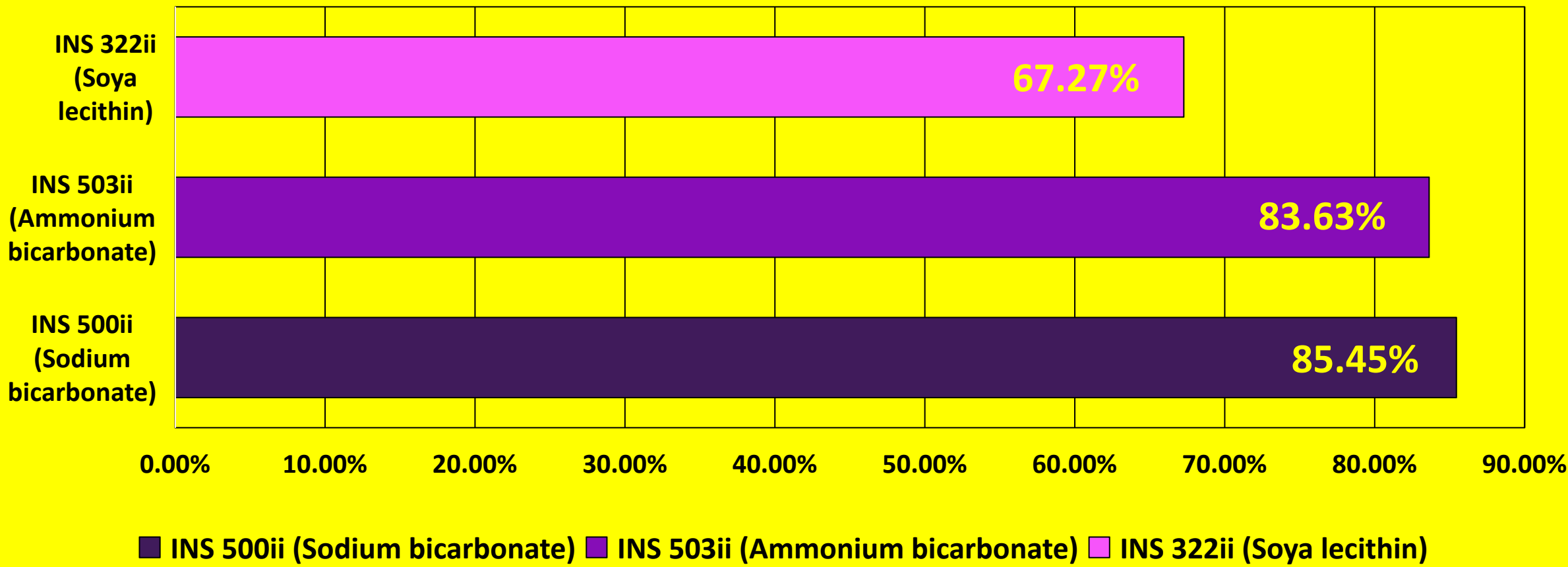


Table 01: Average Micronutrients per 100 g Biscuits

Nutritional content	Average per 100g biscuits
Fiber	71.89mg
Iron	11.3 mcg
Vitamin	118.55mcg

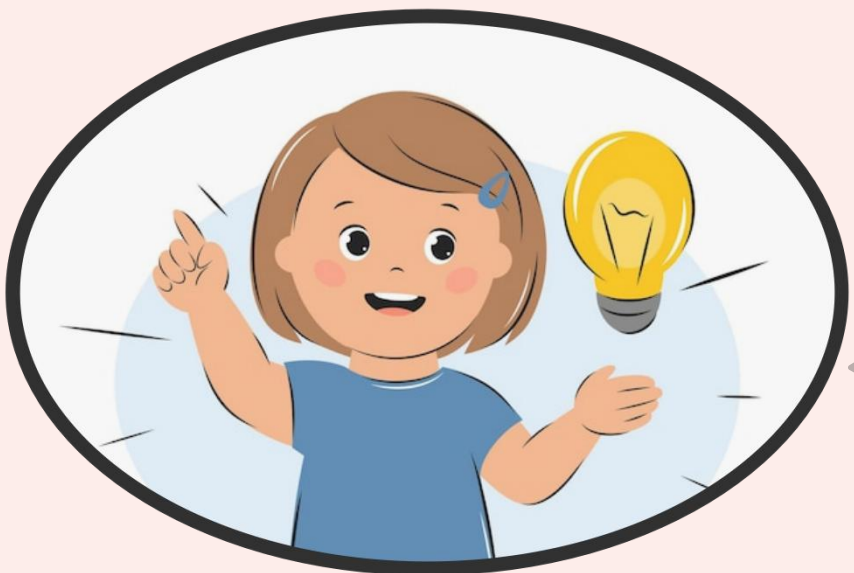
Mean value of protein = 7.41g
(Range: 4.4g to 11.1g)

Figure 04: Common Chemical Preservatives in the Biscuits



Summary of my findings

- ✓ Biscuits contain high amount of Sugar and Fat (Figure 1,2)
- ✓ However, a small amount of Fibre, Proteins, Iron and Vitamins (Table 01)
- ✓ As preservatives, many chemicals are included in the biscuits (Figure 04)



I think, the biscuits that we eat everyday has high energy content by Sugar/ Carbohydrates and Fat but lack in Micronutrients.

Therefore, too much biscuits may cause nutritional imbalance to us which result in bad health.