

The word "fat" may sound very "unhealthy" for many people, as it is often associated with overeating, overweight and some chronic diseases.

脂肪”这个词乍听之下很“不健康”，容易让人联想到过量饮食、臃肿的身材和某些慢性疾病。

In fact, fat is an important component in human tissue and is a major source of energy. A moderate intake of fat is key to proper growth and keeping healthy, but an excessive intake may lead to obesity and cardiovascular diseases.

实际上，脂肪既是人体组织的重要构成部分，又是提供热量的主要物质之一。适量摄入脂肪对生命的正常运作十分重要，但过量摄入脂肪则可能会引起肥胖、心血管疾病等。

You may also find that trans fatty acids, or TFAs, are included in the nutrition information. The TFAs are unsaturated fatty acids that have adverse effects on human health, as unsaturated fatty acids contribute to blood viscosity and prompt thrombus formation.

细心的小伙伴会发现，有些食品的营养成分表中在脂肪下面还会标示反式脂肪酸的含量。

反式脂肪酸是一种对健康不利的饱和脂肪酸，不易被人体消化，容易在腹部积累，导致肥胖，喜欢吃薯条等零食的人应提高警惕。

反式脂肪酸还会增加人体血液的黏稠度和凝聚力，容易导致血栓的形成。

The ice cream brands were graded on their packages, tastes, cost-performance ratio and consumers' willingness to repurchase.

消费体察环节共征集了 16 位志愿者(包括食品质量监管系统代表、消费者代表和媒体代表)，对产品的外观包装、 口感气味、性价比、复购意愿等进行打分。

Findings show that most consumers favor ice cream with a natural but not so sweet taste. Products with strong smells and flavors scored comparatively low.

结果发现，从口感上看，消费者普遍喜欢天然醇厚但又不甜腻的产品，香精味过重的产品得分较低。

Products like the Deshi ice cream, which is modeled into the shape of Mukden Palace, also known as the Imperial Palace in Shenyang, Liaoning province, are particularly well-received among consumers, indicating people's fondness of the traditional Chinese culture.

从外形上看，文创类产品如德氏沈阳故宫松露巧克力获得一致好评，说明消费者对传统文化的认可和追捧。

The prices of most ice cream products are acceptable for consumers. Compared to prices, people

care more about the joy and happiness an ice cream product can bring, and are willing to pay for their favorite products even though the prices are high.

从性价比和复购意愿看，消费者对价格包容性较大。相较于价格，品尝产品带来的愉悦感在消费者做出选择意愿时占比更大。钟薛高的特牛乳（牛乳口味）雪糕和喜茶的奶茶波波在现场消费者中的复购人气最高，而它们的价位都不低。

Choose products from businesses with good reputations, which often provide better product quality and services. Pay attention to the information on the packages, such as nutrition facts, date of manufacture and food production license number.

尽量选规模大、产品质量和服务质量较好的品牌企业产品。产品包装上应明确标注配料表、生产厂家、生产日期、食品生产许可证编号（SC 开头）、产品标准号等信息。

Take a look at the nutrition information, where the ingredients are listed. Dairies topping the list means the products contain sufficient milk and the taste and quality will be good. Of course, the prices will be high.

看包装上面的配料表，根据现有的标准规定，食品配料是按照由多到少的顺序排列的，越靠前含量越多。

因此，配料表中牛奶、奶粉、全脂奶粉、奶油、黄油、乳清粉、奶酪等奶制品排在前几位的，含奶量比较有保证。含奶量越高，口感越好，质量越好，当然价格越高。

Also, note the protein content. High protein content means the products are more nutritious than those with low protein content.

其次，看营养成分表中蛋白质的含量，蛋白质含量越高，营养价值一般就高。

Pay attention to whether the products are full-fat, semi-skimmed or plant-fat ice cream. Generally, high-quality ice cream products are full-fat or semi-skimmed.

冰淇淋分为全乳脂，半乳脂，植脂型。优质的冰淇淋基本上都是全乳脂或半乳脂的。

Additives can be found in most ice cream products. Don't worry about this as proper use of additives are not deleterious to health.

Emulsifying and thickening agents, which make ice cream taste better, are also necessary in ice cream production.

大部分冰淇淋中，都能看到食品添加剂的身影，在标准允许范围内使用食品添加剂对人体无害。对此不必过分担忧。

雪糕和冰淇淋在生产时会添加乳化剂和增稠剂，这两类是生产的需要，也确保了雪糕和冰淇

淋的良好质构，没有它们，冰淇淋的口感可能会大打折扣。

Take note of the packages when purchasing ice cream. Products may be contaminated and their hygiene will be affected if the packages are damaged.

还要注意产品的形状是否有变化，如果产品变形，有可能是产品贮存不当，融化发软，反复冻导致产品表面冰晶析出，这类产品也不要选购。