



Apr 19, 2016

AAU organized a lecture about (The Nutrition Labels)

The Deanship of Student Affairs organized a lecture about (The Nutrition Labels), in collaboration with the College of Pharmacy. The lecture was presented by Dr. Ayisha Siddiqua from the university, and it was attended by the of the College of Pharmacy, Dr. Khairi Mustafa, faculty members and the students of the college.

Dr. Siddiqua started the lecture with a general brief about nutrition and nutrition labels, the importance of the nutrition labels, understand the nutritional value food and the information provided on food labels.

She also explained how to measure the vitamins that we should increase and which one should be limited, and how to measure the calorie percentage in the food and compare with what we eat.

At the end of the lecture, she stressed on the importance of eating healthy, think positive, do exercises and feeling good.

[Press Release Link](#)