



REVEALING THE
SHOCKING TRUTHS...

SECRETS OF YOUR
SUPERMARKET
Food

..OF WHAT'S REALLY
IN YOUR TROLLEY.



SECRETS OF YOUR SUPERMARKET Food

We buy 95% of all our food from just 10 supermarket chains. But how much do we really know about how our food is grown, made and sold to us?

In this investigative consumer series, presenters Sian Williams and Stefan Gates lift the lid on the secrets about our food that the supermarkets don't want us to know. With the help of a different top tester family each week the duo reveal the truth behind the labels and travel around the country visiting farms and labs and meeting experts and consumers to uncover the latest research about exactly what we're feeding our families and whether it's as good for our health as it is for our wallets.

Episode 1

We unpack our shopping basket to reveal the truth about the meat we buy from our supermarkets. Sian finds out how little meat there is in a budget banger and all the other ingredients we're actually paying for and discovers how our brains fool us into believing that supermarket farm brands are higher quality than their budget versions.

Episode 2

Reveals the truth about the so-called healthy food we buy from our supermarkets. Sian investigates how new convenience breakfast products are full of unhealthy sugar, gets to the truth about whether the gluten free products packing out the shelves are really a healthier choice, discovers that fresh fruit may not be as freshly picked as we think and how much money we could save if we cut up our own fruit and veg.

Episode 3

We find out just how unhealthy convenience foods can be. Sian looks at the small print on labels and, with the help of our family, discovers that food companies are keeping the front of pack traffic lights green by reducing recommended portion size. Stefan discovers there's a whole class of chemicals involved in food processing that manufacturers don't have to tell us about as he learns how to make reformed turkey ham.

EMPORIUM PRODUCTIONS FOR CHANNEL 5

