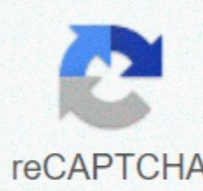


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Large glass containers for food

Full-service restaurants routinely provide customers with a wide range of food and beverage options. This variety requires that they have many types and sizes of dishes and glass to appropriately present and serve their offerings. Glass must contain containers for different types of beverages ordered in different sizes. Almost all restaurants start with customers with a glass of iced water. Water glasses are generally glasses with straight or slightly oblique sides that hold 8 to 10 ounces of liquid. Standard beverage glasses for serving soft drinks or iced tea have similar patterns to water glasses and usually have a capacity of 12 ounces. Since most people drink smaller amounts of juice than other cold drinks, it is commonly served in 5-ounce glasses. Instead of ceramic mugs, some restaurants use 12-ton coffee glasses, especially if they serve special coffee drinks such as lattes and cappuccinos, which are decorated with whipped cream or other toppings. If the menu includes ice cream or ice cream sundaes, these sweets are commonly served in special glass dishes. Stemmed, shallow dishes that resemble old-fashioned champagne glasses and have 4- to 6-ounce capacity nicely present a scoop or two of ice cream. Tall, heavy, conical glasses with a capacity of 14- to 16 ounces provide plenty of room for layering the ingredients of cups such as hot fondant, ice cream, caramel or fruit toppings, whipped cream and nuts or candy toppings. If the restaurant serves wine, it has stock of sewer wine glasses for both red and white varieties. These glasses usually hold between 6 and 8 ounces. White wine glasses have narrow bowls and red wine containers have wide bowls to increase oxidation. Mixed drinks glasses are required for places with full bars. Highball glasses are high, have straight sides and hold between 12 and 14 ounces. Lowball glasses, also called rock glasses, are short and have a capacity of between 8 and 10 ounces. Martinis or cocktail glasses have stems that support wide, shallow conical bowls and hold between 6 and 10 ounces of liquid. Restaurants go through many glasses in one breakfast, lunch or dinner shift, so it is important to have sufficient supplies of glass to effectively meet the needs of customers. Most professional restaurant planners and consultants recommend storing at least 12 dozen of each type of glass to meet the daily operational needs supported by a full-time dishwasher. Disaccharides are formed when two separate sugar molecules or monosaccharides merge to form a single molecule. Disaccharides are often called double sugars. There are many forms of disaccharides, but the most famous and commonly occurring are sucrose, maltose and lactose. Sucrose is table sugar that we add to our coffee and cereals. Lactose is milk sugar and maltose is malt sugar. In moderation, these simple carbohydrates are an important part of a balanced diet and the ability of the body to regulate temperature and energy levels, as well as mood. Dairy products such as milk, cheese and yogurt are high in lactose. One glucose molecule and one galactose molecule come together to form a lactose that has a less sweet taste than other disaccharides and tends to digest relatively slowly. Slower digestion promotes a feeling of fullness and satisfaction. fcafotodigital / Getty Images Ice cream is generally high in both lactose and sucrose. When enjoyed in moderation, ice cream can be a great source of sugars the body naturally craves. As for ice cream, the fewer ingredients the better. People should also avoid ice cream, which contains many artificial flavors or corn syrup with a high fructose content. jenifoto / Getty Images Any food or beverage fermented by yeast or other enzymes contains maltose. Maltose forms when two glucose molecules fuse together. Beer is high in this particular sugar, which digests quite slowly and can regulate blood sugar levels. When consumed in moderation, maltose boasts many other health benefits, including reducing the risk of diseases such as heart disease, diabetes, and kidney stones. artJazz/Getty Images Sweet potatoes have a low glycemic index. This makes them a great meal for those with irregular blood sugar levels. When cooking, glucose molecules in sweet potatoes merge to form a maltose. This root vegetable is also a fantastic source of nutrients and vitamins such as vitamin C, vitamin B, copper, potassium and fiber. HausOnThePrairie/Getty Images Milk chocolate is a great source of lactose, and when it is naturally sweetened, it can also be a good source of sucrose. Of course, not all chocolates are created equal. To take advantage of these natural sugars, it is important to look for chocolate that contains simple ingredients. Avoid ingredients such as artificial taste and color, as well as corn syrup with a high fructose content. As a bonus, chocolate itself is rich in antioxidants that help prevent aging and a number of diseases, including cancer. Dark chocolate offers more of these active ingredients than milk. BrianAJackson /Getty Images Bread contains yeast that creates maltose during fermentation. It also usually contains a small amount of lactose and sucrose, depending on the recipe used to prepare it. Quickbreads and muffins usually contain sugar and lactose in greater quantities, while the amount of maltose in quickbread is lower due to yeast deficiency. Floortje/Getty Images Fruit punch and other fruit juices often have a lot of added sugar and generally do not represent a healthy choice. Naturally stocked or freshly squeezed juices do not have additional sweeteners, but they still contain a very concentrated amount of natural sugar and it is easy to swallow more sugar than intended when drinking juice. Rimma_Bondarenko /Getty Images called old-fashioned milkshakes, they are made from ice cream, which was made from maltose. Maltose is also known as malt sugar. These milkshakes are also a great source of sucrose. Of course, any milkshake or ice cream treat should be in moderation, since high fat and sugar content can be dangerous if consumed too often. bigacis/ Getty Images Depending on the variety, salad dressing can be rich in multiple disaccharides. Creamy dressings have a high content of both lactose and sucrose, while vinegars in general are not a source of lactose, but have a high content of sucrose. This, of course, applies only to salad dressings that are not low-calorie or sugar-free. However, use these products only in moderation; too much added sugar in salad dressing is not good for you. jmalov / Getty Images Breakfast cereals are consistently high in sucrose. Whether it is healthier wholegrain breakfast cereals or sweet cereals marketed to children, sucrose is present. The best option, of course, is to choose wholegrain cereals that are not full of artificial flavors and colors or corn syrup with a high fructose content. Choose a low-sugar cereal, as indicated in the nutritional information on the box. Antonistock/Getty Images Some foods are known for their MSG content, but is it as bad as everyone thinks? | Joe Raedle/Getty Images We've all heard of restaurants adding MSG to their food, including Americanized Chinese food and meat pizza chains. While the debate is still out as to whether MSG is really all that bad for you, some people have reported experiencing some nasty side effects that they believe were caused by this ingredient. And many others are uncomfortable with the additive in food, although they have not experienced negative effects. In fact, MSG doesn't have to be the big, scary monster health fanatics they made it to be. MSG, or sodium glutamate, is a stable salt made from glutamic acid, explains the BBC. It brings a meaty, spicy taste that returns you to food over and over again, even if you're no longer hungry. Glutamate is an ingredient in MSG that is also naturally found in other foods. When sodium is added to it, glutamate can be stabilized into a powder that can be added to food. The same BBC story says studies have shown mice injected with large doses of MSG grew to be obese, stunted, and sterile in some cases. As for human trials, the results remain unclear. Some people have reported headaches, chest pains, nausea, sweating, hot flashes, and weakness after consumption. On the other hand, according to NYMag's Science of Us, most people will not be negatively affected by the taste enhancer in any way. Whether you're wary of MSG or not, you still have a right to know if it goes into your food. Here are five foods you may not realize contain MSG. 1. Spices You may be surprised see packaged spices contain rival. | iStock.com while MSG is a spice in itself, it's also found in many other packaged spices on grocery store shelves. In fact, you can even purchase MSG in the form of a taste highlighter known as Accent, although you'd be hard to find in the US. It is no longer sold in state stores because of the number of reported allergy users, huppages says. As far as other spices are concerned, you will need to check the packages individually to see if sodium glutamate is listed. Illinois Spice Merchants Inc. noted which of their spices from the Spice House contain MSG. Their saucemeal dressing base, Chicago steak spices, chip dip spices, and English prime ribs rub it all have, as well as a few others. They also note that when they tried to change the packages containing MSG, there was resistance from longtime customers. It seems that not everyone is against MSG after all. 2. Doritos Doritos contains multiple sodium sources. | iStock.com if delicious, crunchy, triangular chips bring back memories of cheese fingers during your childhood, then you were probably a lover of Doritos. We all know that these over-processed chips contain preservatives and other ingredients to make them so good, but you may not realize that there's a lot of MSG hiding in your Doritos bag. There are actually several ingredients in the chips rich in sodium glutamate, explaining the serious eating. Multiple forms of raw materials have naturally occurring glutamate, but it is onion powder and garlic powder that contain GLUG. It can be found about halfway through the list of ingredients. The Serious Eats story says that the chips also contain two other ingredients that work in conjunction with sodium glutamate: free sodium nucleotide inosinate and sodium guanylate. These ingredients work together to physically alter the taste receptors that pick up on spicy flavors. They help make these Doritos taste simply irresistible and amplify those glutamates up to 30 times! 3. Ramen noodles Instant ramen noodles contain MSG. | iStock.com know ramen noodles are not the pinnacle of a healthy diet, but many don't realize these tasty, cheap noodles contain a lot of MSG. It gives him umami, that salty taste we can't get enough of. In truth, whether you're sensitive to MSG or not, the bigger problem with ramen is most likely the sodium content, as one brick of noodle soup offers around 1,820 milligrams, reports the Huffington Post. Since the FDA recommends eating less than 2,300 milligrams of salt a day, one bowl of ramen has just about covered it. As far as MSG is concerned, it's found in the seasoning packet that comes with noodles. If you are a taste sensitive enhancer, try using less than you would normally. Or you can try to make homemade ramen 4. Pringles Most varieties of Pringles contain sodium. | Joe Raedle/Getty Images In addition to these chips, it's not really made from potatoes (they're mostly water, cornstarch, and potato flakes, says the Daily Mail), but they also contain MSG. It's pretty obvious Pringles are highly processed – they're pressed into stackable shapes to be fair – so it's important to note the many processed foods that contain spices also have MSG thrown into the mix. There's good news for salt and vinegar fans, however – Pringles of this taste really don't have MSG. If you are a fan of other varieties of Pringles, then you don't have to worry too much about MSG – it's unlikely that you'll have any negative effects just from eating a few Pringles alone. And if you're a snacker who doesn't want MSG in their foods, check out some of these frito lay products that don't contain an ingredient. 5. Deli Meat Deli Meat contain SOD. | iStock.com Deli meat looks innocent, but if you're trying to avoid MSG altogether, you might want to skip to this lunch staples. Many deli meats contain MSG, especially smoked and smoked meat found in the supermarket, says BuiltLean. Always check the labels when buying meat products. Although the product may claim to be all-natural and healthier than other deli alternatives, the nutritional label says it all. More often than not, you will see sodium glutamate listed along with other food additives such as sodium nitrate to preserve color and corn syrup for sweetness. If you are trying to avoid processed foods and MSG, it may be best to skip these options altogether. Completely.

