

Shopping time at the supermarket on most product labels Especially all kinds of consumer products will have labels with information on ingredients, numbers, which many people understand is the expiration date.

But in fact, the date and abbreviation on the product or consumable There are meanings that consumers should know as follows:

- The abbreviation **EXP** stands for **EXPIRY DATE**, meaning “**Expiration Date**”. If the expiration date has passed, the food should not be eaten as it will spoil. or already spoiled
- The abbreviation **MGF** stands for **MANUFACTURING DATE**, which means “**production date**”. If it is still in the range of MGF, does not exceed EXP, it can be eaten.
- The abbreviation **BBE** stands for **BEST BEFORE**, which means “**before it should be consumed.**” After the specified date, the food may still be edible, but its freshness, flavor or nutrients will be reduced.

