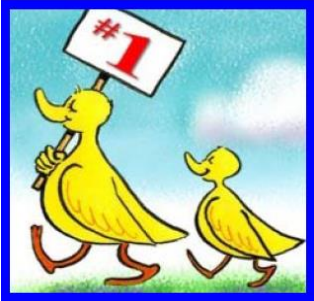




The 5 Clues for Nutrition Detectives™



1. Don't be fooled by the BIG letters on the front of the package. Look for the small letters on the Nutrition Facts label and ingredient list.



2. The FIRST ingredient on the list is always the BIGGEST!



3. Avoid foods that contain partially hydrogenated oil and high fructose corn syrup. It's like finding Fingers the Fox!



4. Avoid foods with a LONG INGREDIENT LIST!



5. Fiber is your friend! Beware of whole grain imposters. Choose breads, cereals, granola bars, crackers & pasta with at least 2 grams of fiber per serving.