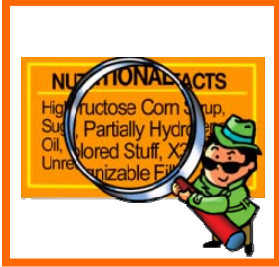
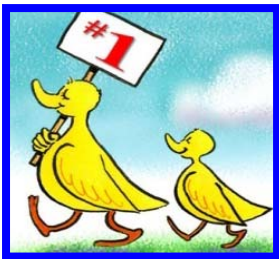


The 5 Clues for Nutrition Detectives™



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.**