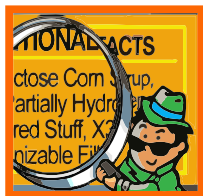
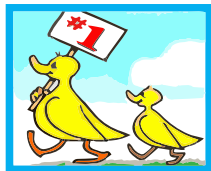


THE 5 CLUES FOR NUTRITION DETECTIVES®

A Katz & Katz Production



1. Don't be fooled by the **BIG** letters on the front of the package. Look for the itty bitty letters on the food label instead.



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



3. Avoid 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, cereal bars & crackers & pasta with at least 2 grams fiber per serving.