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.