



**CLUE #1**

Don't be fooled by THE BIG LETTERS on the front of the package, but look for the itty-bitty letters on the Nutrition Facts and Ingredients labels instead!

## Get Clued In... ...To Health

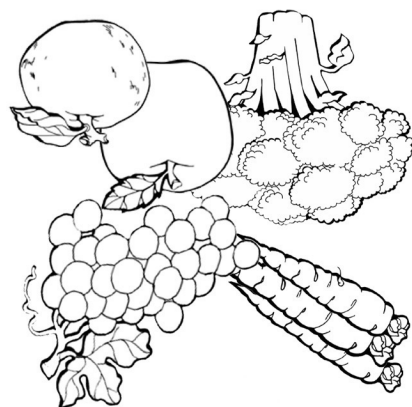
Congratulations on becoming a Certified Nutrition Detective! Now you can investigate every bag, bottle, box and can to determine if the contents are a good and healthy choice for you.

By following the 5 Clues you can make the decision to

**TAKE IT! or LEAVE IT!**



Good nutrition really is the key to living a healthy and happy life. So teach your family and friends how to be Nutrition Detectives, too.

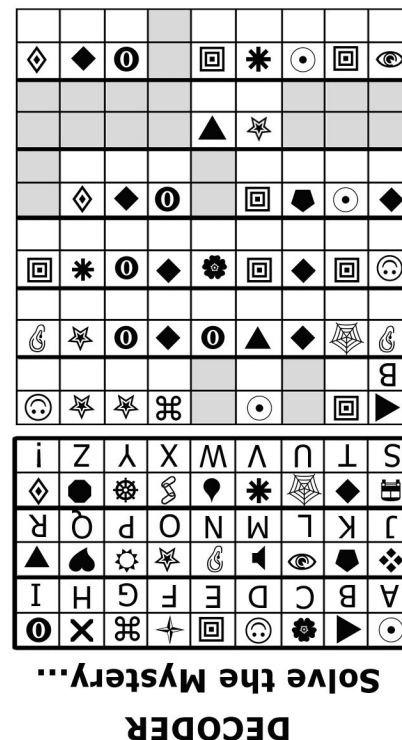


**Make fruits & vegetables part of your diet everyday.**

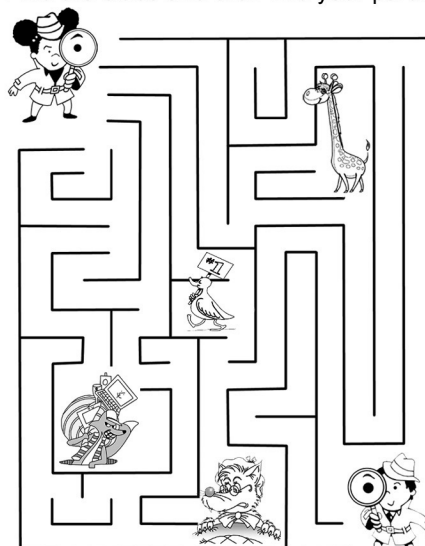
**The recommendation is 7-13 servings of raw fruits and veggies everyday!**

Ways to add a rainbow of great tasting fruits & veggies...

- Eat fresh fruits & vegetables
- Add fruits to whole grain cereals
- Spice up a pizza with veggies
- Add a whole food concentrate containing 17 fruits, vegetables and grains to bridge the nutritional gap.



**Be an AMAZING Detective**  
Find the clues and then find your partner



"Together we can make a difference"



**CLUE #4**

coloring. YUK!

added ingredients like additives,

longer lists have for you and

lists are better LIST! Shorter

INGREDIENTS LONG

with a foods

Avoid

**CLUE #5**

Remember, fiber is your friend. So look for whole grains and look out for whole grain imposters! Select foods with at least 2 grams of fiber or more.

