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.

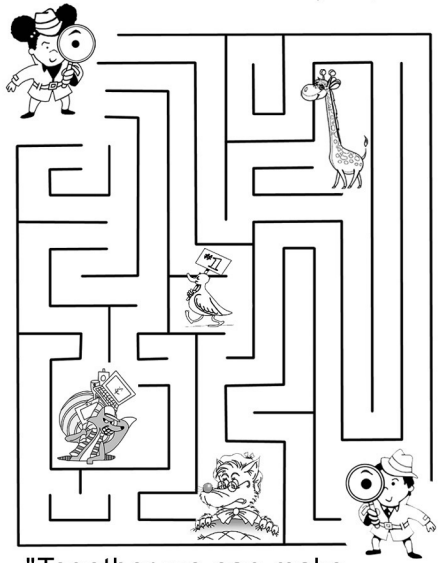
The recommendation is
7-13 servings of raw fruits and veggies everyday!

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

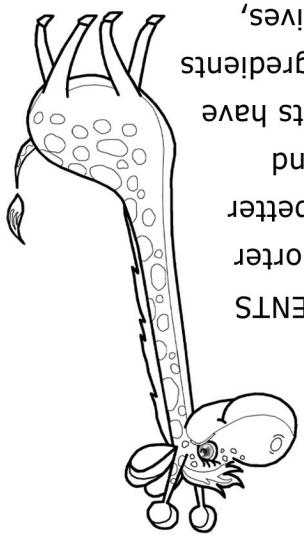


"Together we can make a difference"

CLUE #5

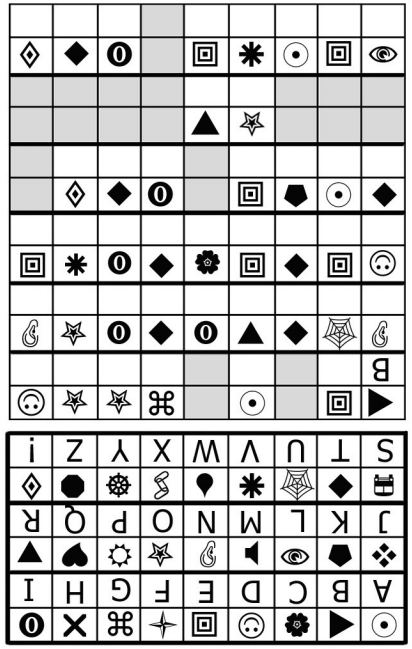
Remember, fiber is your friend. So look for whole grains and look out for whole grain imposters! Select foods with at least 2 grams of fiber or more.

CLUE #4



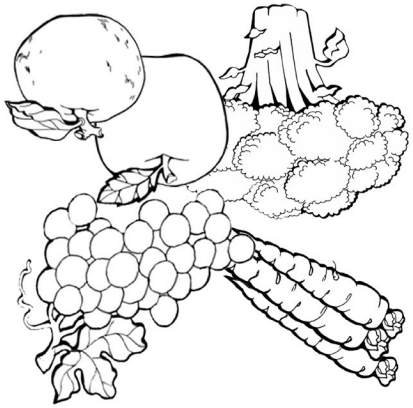
Avoid foods with a LONG INGREDIENTS LIST! Shorter lists are better for you and longer lists have added ingredients like additives, preservatives, and artificial coloring. YUK!

DECODER
Solve the Mystery...



A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	!

Make fruits & vegetables part of your diet everyday.



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!