

# CLUE #1



NEVER TRUST  
THE FRONT OF  
THE PACKAGE!

# CLUE #2



THE FIRST  
INGREDIENT IS  
ALWAYS THE  
BIGGEST

# CLUE #3



# IDENTIFY HARMFUL INGREDIENTS

1. *Partially Hydrogenated Oil*
2. *High Fructose Corn Syrup*
3. *Colors and Numbers*





# CLUE #4

# LOOK FOR SHORT INGREDIENT LISTS

# CLUE #5



**FIBER IS YOUR  
FRIEND!**