

## NEVER TRUST THE FRONT OF THE PACKAGE!





### THE FIRST INGREDIENT IS ALWAYS THE BIGGEST

### **CLUE #3**



# IDENTIFY HARMFUL INGREDIENTS

# Partially Hydrogenated Oil High Fructose Corn Syrup Colors and Numbers





# INGREDIENTS: CEREAL ISUGAR, CORN MEAL, COCOA, PARTIALLY HYDROGENATED SOYBEAN OIL, CORN SYRUP, CORN STARCH, MODIFIED CORN STARCH, COCOA PROCESSED WITH ALKALI, SATL CALLWACARBONATE, FRUCTOSE BEET POWDER AND CARAMEL COLOR, TRISODUM PHOSPHATE, ANTIFICAL LEAVOR, ZINC AND IRON (MINERAL NUTRIENTS), WITAMIN C (SODUM ASCORBATE, A 8 UTAMIN (NACINAMDE), UTAMIN B, (REDEFLAVIR), UTAMIN BC, WIRDFLAVIR), VITAMIN B, WHEAT STARCH, FILLING (SUGAR, NONFAT MILK, LACTOSE PALM KERNEL OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, SAIT, SOY LECTHIN, NATURAL LEVOR, FRUSTOSE, RUE OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, GRIN SHUP, ISOLATED SOY PROTEIN, SOY FLOUR, FINLONGE, CICALLY HYDROGENATED SOYBEAN OIL, CRISTING, CICALU HYDROGENATED SOYBEAN OIL, CHACTRIN, CORNER FRUCTOSE COTERN SYNDER, OIL MACROBATED, FRUCTOSE COTERN SYNDER, OIL MACROBATED, HYDROMENT, COCOA PROCESSED WITH ALKAL), HYDROMENT, COCOA PROCESSED WITH ALKAL), HYDROMENT, COCOA PROCESSED WITH ALKAL), HYDROMENT, COCOA PROCESSED WITH ALKAL, HYDROMENT, COCOA PROCESSED WITH ALKAL, HYDROMENT, COCOA FORCESSED WITH ALKAL, HYDROMENT, SORBITOL, CRAMMEL COLOR, AND BEET HOR AND ZINC (MINERAL, NUTRENTS), MALT EXTRACT, HYDROMENT, HYDROCHCHOED, VITAMIN B, HYDROMENT, FORCESSED WITH ALKAL, HYDROMENT, HYDROCHCHOED, WITAMIN B, HYDROMENT, SORBITOL, CRAMMEL, COLOR, WHEAT FLOUR, FRESHNESS PRESERVED BY BHT. CONTAINS WHEAT, ALMOND, MILK AND SOY LOOK FOR SHORT INGREDIENT LISTS

### **CLUE #5**



### FIBER IS YOUR FRIEND!