

Spot suspicious ingredients like partially hydrogenated oil and high fructose corn syrup. It's like finding fingers the fox in a crowd!

### CLUE #3

## WORD SEARCH

Great detectives recognize nutritious foods and make them an important part of their daily diets.

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

APPLES  
ORANGE  
PEACHES  
CARROT  
PARSLEY  
BEETS  
KALE  
BROCCOLI  
SPINACH

TOMATOES  
OATS  
RICE  
VEGETABLES  
FRUITS  
PEAS  
FIGS  
NUTS



Drink lots of water and lots of everyday.

STAY ACTIVE!  
Don't be a couch potato.  
Go outside and play!



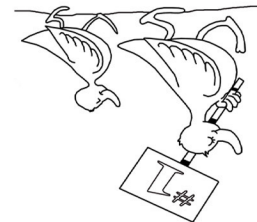
Developed by Drs. David & Catherine Katz, to teach children how to read nutrition labels, what to look for, and how to select the most nutritious foods.

This information is available through an unrestricted educational grant from



The whole food nutrition of **17 fruits, vegetables & grains** available in capsules, chewables & gummies. To learn how your child can participate in the Children's Health Study **age 4-18 FREE with a participating adult** (currently over 180,000 participants)

Please Contact:



The FIRST ingredient is always the biggest! The food is mostly made up of the ingredients that come first. Unless you're eating candy, the first ingredient should not be sugar.

### CLUE #2

## GET CLUED IN... ...TO HEALTH!



**NUTRITION DETECTIVES**  
TOGETHER WE CAN MAKE A DIFFERENCE

Developed by:  
Dr. David Katz, MD  
Yale University &  
Catherine Katz, Ph.D.

Sponsored by:  
*Juice PLUS+*