

**B**e aware that not all Nutrition Claims are 100% true and accurate.

**E**ven “All Natural” food may contain preservatives or may be injected with sodium.

**W**hen you buy light oil, the label refers to the flavor; not the ingredients.

**A**lways buy “whole wheat” or “100% whole wheat” when looking for Multi-Grain.

**R**eally inspect “Fat Free” labels; they can equal calories as the full-fat version.

**E**ven “Sugar Free” contains the same amount of carbs and fats as sugar-full version.

**O**rganic foods can still be packed in fat, calories, and sugar.

**F**ree of gluten items have less fiber than regular version.

**C**laims on foods may trick you.

**L**ess “Trans Fat” the better, but “Zero- Trans Fat” may contain Trans Fat.

**A**ny “Made with Real Fruit” product contains fruit, but not a lot of it.

**I**n any possible way, eat as healthy as possible.

**M**any Nutrition Labels make the food seem healthier than it may actually be..

**S**tay on the lookout for unhealthy ingredients in disguise!

