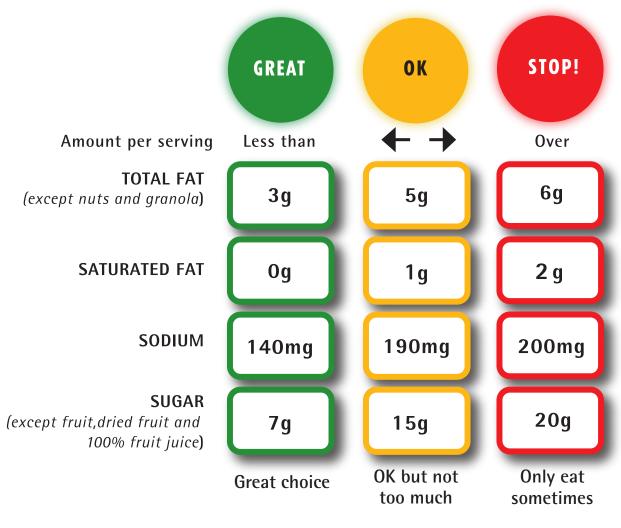
## **Check Your Food Labels!**



- ✓ Choose Og Trans Fats
- ✔ Check how much is a serving
- ✓ Choose foods with 3g or more of Dietary Fibre per serving
- ✓ Also exempted: lean meats, low fat dairy products and vegetable oils













Aim for products with more green and yellows