



# READ LABELS BEFORE PURCHASING



Sometimes knowing what foods to buy can be daunting. Where do you start? Whole foods are a good bet; however, when buying foods in a box, bag, can, or jar look at the ingredients.

## Before purchasing a product:

- Count the number of ingredients (rule of thumb - five or fewer ingredients)
- Pass on items with ingredients you can't pronounce
- Look for hidden sugars, additives, or preservatives
- Avoid products with health claims listed on packaging - these claims are often a marketing ploy and are not necessarily true

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