

# CHOOSE and PREPARE healthy food

■ Read labels and choose foods higher in fibre and lower in fat, sodium and sugar

- > Choose foods with at least 2 grams of fibre per serving.
- > Choose foods with 3 grams of fat or less per serving.
- > Limit sodium to less than 2300 mg per day.
- > Choose foods with little or no added sugar.

■ Use healthy cooking and baking methods

