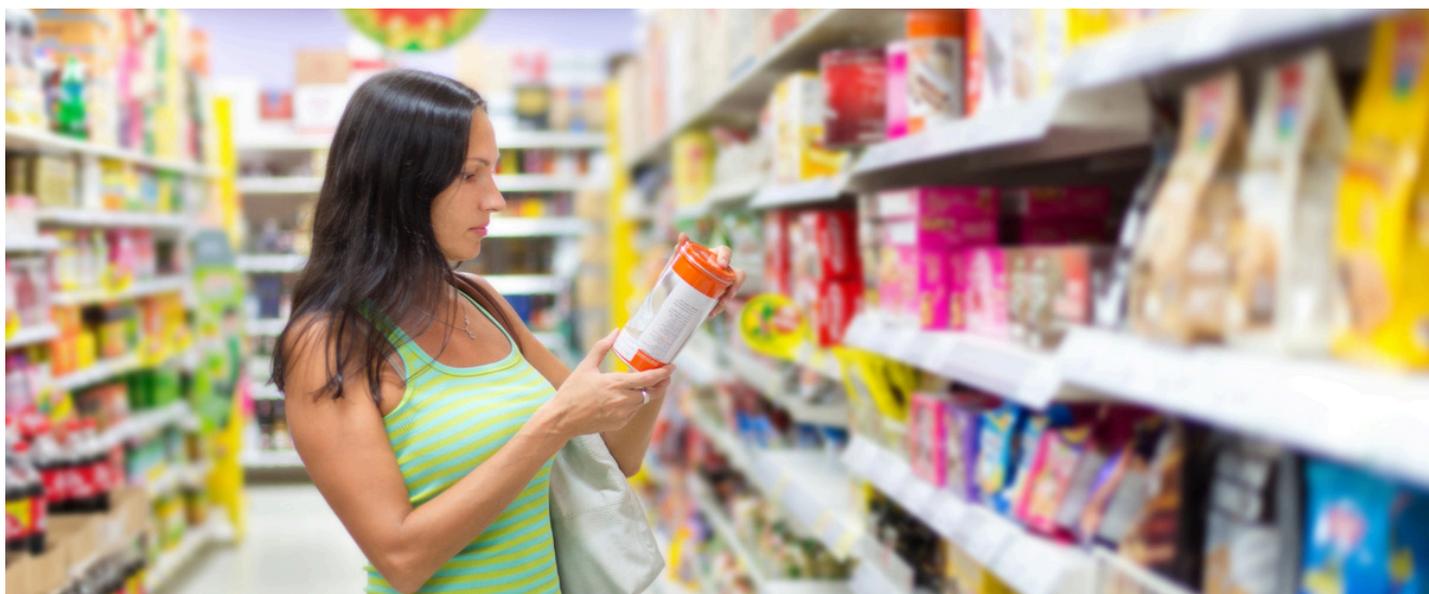


Nutrition Snippet

LABEL READING



The supermarket can be overwhelming when you're trying to make healthier choices.

Check out our [top tips for understanding food labels](#) to make shopping for healthy food easy at:

healthymadetasty.com.au/blog/label-reading-made-easy/

healthymadetasty.com.au



Cancer Council
Healthy Made Tasty