

Why Canadians need a front-of-package nutrition **symbol**

A diet **HIGH** in sugars, sodium and saturated fat is a **MAJOR RISK FACTOR** for obesity, heart disease and diabetes

8 in 10 Canadians
SAY NUTRITION IS IMPORTANT



References: <http://bit.ly/2DogqXR>

SUGARS

2/3 of **packaged foods** in the grocery store have **SUGARS** added to them



SODIUM

3/4 of the **SODIUM** we eat comes from **packaged and processed foods**



SATURATED FAT

1/3 of the **FAT** we eat comes from **snacks and fast food**



A **FRONT-OF-PACKAGE** nutrition symbol **WILL HELP YOU** quickly and easily identify foods high in sugars, sodium or saturated fat

canada.ca/healthy-eating-strategy

WHEN CHOOSING FOODS, BUT...