

# Shop Smart & Healthy - Learn to Read the Label

***Presented by Cory Rade***

***- Rio Vista Personal Trainer -***

**Thursday Nov. 11th - 6:00pm**

**Shop Smart - Get the Facts on Food Labels**

Become a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels will help you:

 *Find out which foods are good sources of fiber, calcium, iron & vitamin C*

 *Compare similar foods to find out which is lower in fat and calories*

 *Search for low-sodium foods*

 *Look for food that are low in saturated fat and trans fats*



***3 Punched for attending special events.***

***O.T.C. Members only***

***Pre-registration Required - Space Limited***



**Rio Vista Recreation Center  
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