

VIRTUAL SUPERMARKET TOUR

9th Dec 2014, 12PM to 1PM
TLL Seminar Room #01-17

Do you know how to use the nutrition information on food label?

The Virtual Supermarket Tour elaborates on learning how to make healthy food choices throughout the supermarket. You will be practicing on reading nutrition fact labels and learning about health claims on food packaging.

Items to Bring Along

Food packaging with their Nutrition Information Panel*

**It can be a food item that you consume regularly or just a random snack.*

REGISTRATION IS FREE!!!

Workshop participation is capped at 20pax.
So please register early to avoid disappointment!!

You may register at:

<http://trc.tll.org.sg/trc-event-virtual-supermarket-tour-registration-form/>

We look forward to seeing **YOU** there!



Cracker A

Nutrition Facts			
Per 9 crackers (23 g)			
Amount	% Daily Value		
Calories 90			
Fat 4.5 g	7 %		
Saturated 2.5 g	13 %		
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 275 mg	12 %		
Carbohydrate 12 g	4 %		
Fibre 1 g	4 %		
Sugars 0 g			
Protein 3 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 2 %	Iron 8 %		

Cracker B

Nutrition Facts			
Per 4 crackers (20 g)			
Amount	% Daily Value		
Calories 85			
Fat 2 g	3 %		
Saturated 0.3 g	2 %		
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 90 mg	4 %		
Carbohydrate 15 g	5 %		
Fibre 3 g	12 %		
Sugars 1 g			
Protein 2 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 2 %	Iron 7 %		