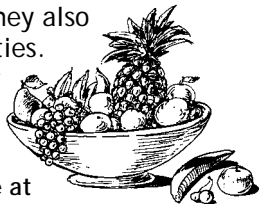


Fruit Shapes and Roll-ups ...Just Candy in Disguise

Do colourful fruit roll-ups and gummy fruit shapes tempt your children? Unfortunately these 'snacks' contain lots of added sugar and little, if any, real fruit! They also stick to your child's teeth and may cause cavities. Instead, pack fresh or canned fruit for healthy snacks that are loaded with fibre, vitamins and minerals.



Visit Canada's Food Guide online at
www.healthcanada.gc.ca/foodguide



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

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