

# Kids food target

BY CHRIS JOHNSON

**Awesome** ●

**Okay** ●

**Keep Out** ●



## How to Read a Food Label

Product of Whonozewhere

**Blueberry Crisp Cereal**

**INGREDIENTS:** CORN, SUGAR, BLUEBERRIES (BLUEBERRIES, HIGH FRUCTOSE CORN SYRUP, GLYCEROL, SAFFLOWER OIL, CITRIC ACID, CALCIUM LACTATE, POTASSIUM SORBATE [PRESERVATIVE], NATURAL BLUEBERRY FLAVORING), ROLLED OATS, SLICED ALMONDS, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, SALT, HONEY, MALT EXTRACT, RICE, PARTIALLY HYDROGENATED SUNFLOWER OIL, HIGH FRUCTOSE CORN SYRUP, NATURAL AND ARTIFICIAL FLAVOR, NONFAT MILK, MOLASSES, CORN SYRUP

**VITAMINS AND MINERALS:** SODIUM ASCORBATE AND ASCORBIC ACID, NIACINAMIDE, FERRIC ORTHOPHOSPHATE, PYRIDOXINE HYDROCHLORIDE, VITAMIN A PALMITATE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE, FOLIC ACID, VITAMIN D.

No High Fructose  
Corn Syrup

**VS**

No  
Trans Fats

Product of U.S.A.

### Nutritional Information

INGREDIENTS: Blueberries

Less is best

If you can't read it,  
don't eat it!

Carly Schayer

Ashley Nordmann



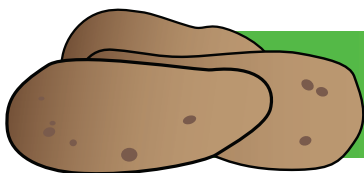
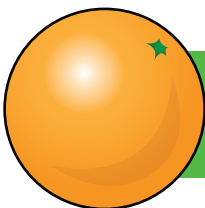
Made FOR kids BY kids!

## Top Tips for Healthy Habits

- o Drink Water
- o Move Daily
- o Chew Your Food
- o Eat Breakfast
- o Eat Frequently  
(every 3 hours)
- o Eat Whole Foods  
(apples, carrots, oranges, bananas)
- o Superfoods!

## Go Green!

By eating foods closer to the green of the target, you will be moving closer to the raw, natural form of this food, which is the best for your health!



Raquel 1220

Taylor Miller

Morgan Miller

Alexandra Nordmann