

grocery RUN



Making sense of nutritional information

Nutritional labels may not tell the whole story. Learn how to make sense of terms like “organic” and “natural” to make sure you are getting the most out of your food.

Your Employee Support Program can help with:

- Articles on food labeling and nutrition
- Audio on nutrient-dense foods and healthy options
- FAQs on fat grams, coffee calories, and butter versus margarine
- Resource link to a healthy eating quiz

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TOLL-FREE: 800-634-7710

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Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.

