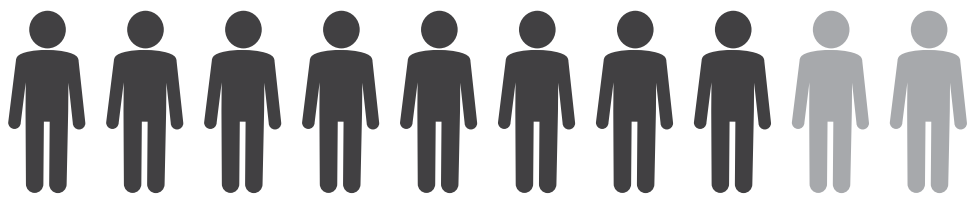


# Why Canadians need a front-of-package nutrition *symbol*

A diet HIGH in sugars, sodium and saturated fat is a MAJOR RISK FACTOR for obesity, heart disease and diabetes

**8 in 10 Canadians**

SAY NUTRITION IS IMPORTANT WHEN CHOOSING FOODS, BUT...



References: <http://bit.ly/2DogqXR>

## SUGARS

**2/3** of packaged foods in the grocery store have **SUGARS** added to them



## SODIUM

**3/4** of the **SODIUM** we eat comes from **packaged and processed foods**



## SATURATED FAT

**1/3** of the **FAT** we eat comes from **snacks and fast food**



A FRONT-OF-PACKAGE nutrition symbol WILL HELP YOU quickly and easily identify foods high in sugars, sodium or saturated fat

[canada.ca/healthy-eating-strategy](http://canada.ca/healthy-eating-strategy)