

# Stop the Confusion!

Take the mystery out of grocery shopping!

Nutrition Facts	
Valeur nutritive	
Per 1/2 flatbread (63 g) pour 1/2 pain plat (63 g)	
Amount Teneur	1/2 pain plat (63 g)
Calories	%
Énergie	% valeur q
<b>Calories / Calories</b>	<b>190</b>
<b>Fat / Lipides</b>	<b>3.5 g</b>
Saturates / saturés	1 g
+ Trans / trans	0 g
Cholesterol / Cholestérol	5 mg
Sodium / Sodium	610 mg
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	20 %

FREE 1-hour grocery tours to learn how to read food labels.

- Tours are held once a month with a registered dietitian
- Available to everyone
- Limit of 10 people per tour
- FREE gift

**Call 705.522.9200, ext. 257  
to register today!**