

YOU HAVE THE RIGHT TO KNOW

WHAT IS IN YOUR SNACK?



**HIGH IN
FAT**

Ministry of
Health

**HIGH IN
SATURATED
FATS**

Ministry of
Health

**HIGH IN
SUGAR**

Ministry of
Health

**FRONT OF PACKAGE NUTRITION WARNING LABELS
HELP YOU MAKE
HEALTHIER CHOICES**

**HIGH IN
SUGAR**

Ministry of
Health

**HIGH IN
SODIUM**

Ministry of
Health

**HIGH IN
SATURATED
FATS**

Ministry of
Health

**HIGH IN
FAT**

Ministry of
Health

**CONTAINS
TRANS FAT**

Ministry of
Health

**CONTAINS
ARTIFICIAL
SWEETENER**

Ministry of
Health



HEALTHY CARIBBEAN COALITION

