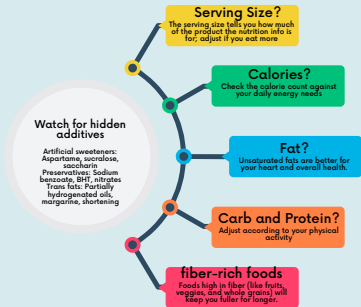


Your Healthy Shopping Guide: How to Read Food Labels

Understanding food labels helps you make healthier grocery choices. This guide shows you how to read labels and spot hidden ingredients for better health decisions.



My healthy list: _____
