



Looking to make healthier choices this new year?

PSP Health Promotion and CANEX have partnered to help you make informed choices when it comes to food. Look for the *Benefit* logo on CANEX shelves!

What did our Health Promotion dietitians look for?

LESS

- saturated and trans fats
- sodium
- sugars
- hydrogenated oils
- artificial sweeteners

MORE

- Fibre
- Protein
- Whole grains
- Vegetables and fruit

Valeur nutritive	
Nutrition Facts	
Pour 1/4 tasse (50 g) Per 1/4 cup (50 g)	
Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 290	
Lipides / Fat 25g	38 %
saturés / Saturated 1g + trans / Trans 0g	5 %
Cholestérol / Cholesterol 0mg	
Sodium / Sodium 0mg	0 %
Glucides / Carbohydrates 9g	3 %
Fibres / Fibre 5g	20 %
Sucres / Sugars 2g	
Protéines / Protein 9g	
Vitamine A / Vitamin A	0 %
Vitamine C / Vitamin C	0 %
Calcium / Calcium	10 %
Fer / Iron	10 %
INGREDIENTS: ALMONDS	

Foods and beverages flagged with the *Benefit* logo meet our dietitian’s criteria for a healthier choice in it’s product category. When you want to reach for a snack or treat, let the *Benefit* program guide you to a better choice.

For more information, contact your Health Promotion team!
613-687-5511 ext 4685 or healthpromotionpetawawa@forces.gc.ca