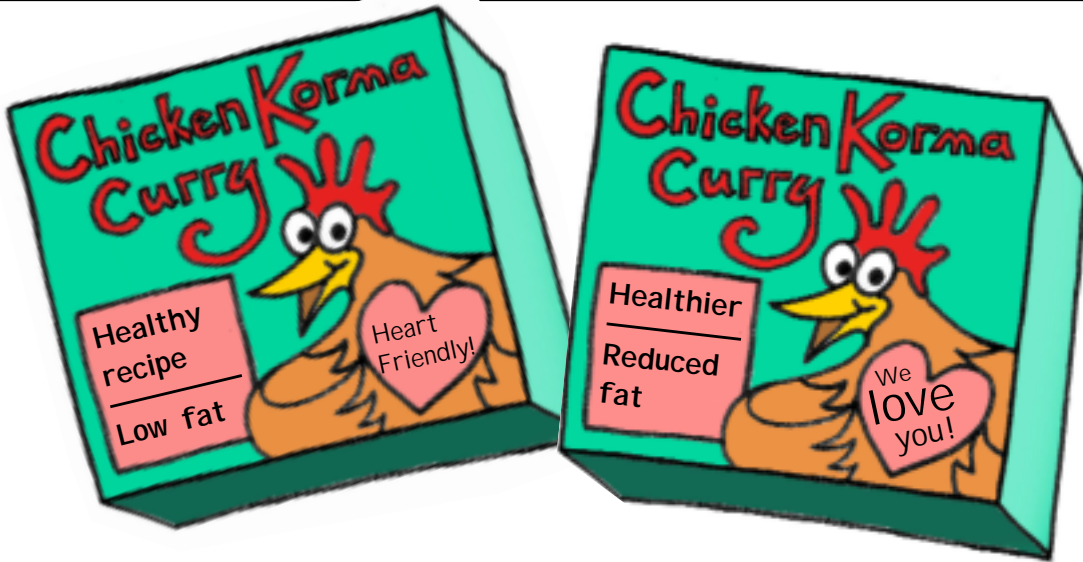


# Words you can trust: 'Low fat'



Which of these curries do you think contains the least fat? .....

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Which descriptions helped you decide?

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Were there any descriptions on the other packet that might have made you choose that one instead?

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Why do you think the one with the lowest fat would be better for your health?

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TIP: Look out for the words 'low fat'. They mean the food must contain no more than 3 grams of fat per 100 grams of food.

