



**TLG**  
Reading for Health

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A fun **FREE** program

Ontario's employment and training network.

## Learn Important Health Vocabulary

### We cover topics like

- ✓ Healthy Eating
- ✓ Physical Fitness
- ✓ Nutrition Facts
- ✓ Medicines
- ✓ Canada's Food Guide
- ✓ Safety and First Aid
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- ✓ Dental Health
- ✓ Healthy Living



Nutrition Information			
Typical values	Per 100g	Per 1/4 pot	% based on GDA for women
Energy	256 kJ 61 kcal	320 kJ 76 kcal	3.8%
Protein	4.9g	6.1g	13.6%
Carbohydrate	6.9g	8.6g	3.7%
of which sugars	6.9g	8.6g	9.6%
of which starch	nil	nil	-
Fat	1.5g	1.9g	2.7%
of which saturates	0.9g	1.1g	5.5%
mono-unsaturates	0.4g	0.5g	-
polyunsaturates	nil	nil	-
Fibre	nil	nil	nil
Salt	0.2g	0.3g	5.0%
of which sodium	trace	0.3g	4.2%
<b>Vitamins &amp; minerals</b>			<b>% of RDA</b>
			<i>Recommended daily amount</i>
Calcium	168mg	210mg	26%

✓ Kitchener and Cambridge Classes  
 ✓ Call us for start dates and to register

**Contact Laurie**  
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Feel more comfortable reading labels, symbols and instructions.