

grocery RUN



Making sense of nutritional information

Nutritional labels may not tell the whole story. Learn how to make sense of terms like “organic” and “natural” to make sure you are getting the most out of your food.

Your Employee Assistance Program can help with:

- Articles on food labeling and nutrition
- Audio on nutrient-dense foods and healthy options
- FAQs on fat grams, coffee calories, and butter versus margarine
- Resource link to a healthy eating quiz

CALL OR VISIT US ONLINE

TOLL-FREE: 800-624-2593

www.nationaleap.com

USERNAME: **company name**

PASSWORD: **company name**

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.

