

Supermarket Tours

Cost:
\$33.00 per person

**For further
Information or to
book your place:
Call 9415 4845 or
email
admin@nnd.com.au**

Food labels and food claims can be both misleading and confusing!

Low fat, reduced fat, high fibre, no added sugar, cholesterol free....what does it all mean?

Unravel the mysteries with a qualified Dietitian.

Leave the chaos of the supermarket and spend time with a small group in the comfort of our office. Learn how to read food labels, compare products, and make the food choices that will help you achieve your goals.

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