



Nutrition Labels: 101

Length: 1hr

Delivery modes: Onsite & Virtual Presentations; Pre-recorded tutorials.

Details: This presentation is packed with lots of facts and tips, helping participants decode and decipher mysterious food labels, whilst making informed consumption choices. Topics include:

- Calories vs. Kilojoules
- Carbohydrates
- Different types of fat
- Processed sugars vs. naturally occurring sugars
- Nutrition content & Health claims
- Introduction to E-Numbers

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.