

# Supermarket Safari

## for people with Type 2 Diabetes

Join this supermarket tour and you will discover:

- ◆ Healthy eating for people with Type 2 Diabetes
- ◆ How to use food labels to choose foods that are right for you
- ◆ The facts on fat
- ◆ Fibre sources beyond bran

Your tour guide is a Registered Dietitian.

A free service provided by the City of Hamilton Public Health Services

**2010 Dates:**

May 18,

June 1, Oct. 5

Nov. 2, Nov. 23

**Call 905-546-3540**

**today to reserve your  
spot. Space is limited!!**

