

# “Read It Before You Eat It” CD-Rom

The Nutrition Council’s “**Read It Before You Eat It**” display shows how to make healthier snack and beverage choices using the Nutrition Facts food label. The Read It Before You Eat It CD-Rom provides the tools to make your own Read It display. Each CD-Rom contains step-by-step instructions, 19 Read-It cards, and consumer fact sheets. Once assembled, the cards show the fat and sugar for popular snacks and beverages using test tubes. See order form below for test tube prices.

## CD-Rom Contents:

- **Instructions: How to Make**
- **Read It Slides (.pdf)\***
- **Read It Poster**
- **Consumer Fact Sheets:**
  - Reading Food Labels
  - Rethink Your Drink

### Drinks\*

12 oz. can Coke  
20 oz. Fruit Drink  
20 oz. Gatorade  
20 oz. Iced Tea  
20 oz. Orange Soda  
20 oz. Bottled Water

### Salty Snacks\*

1 1/8 oz. Cheetos®  
King Size Cheetos Flamin’Hots®  
King Size Doritos  
5/8 oz. Popcorn  
1 3/4 oz. Pringles

### Sweets and Treats\*

Snickers  
Brownie 4 oz.  
Little Debbie Donut  
Fruit Pie  
Muffin 4 oz.  
Poptarts  
Apple

\*Each card requires test tubes to display amount of fat and/or sugar. A total of 80 test tubes are needed to complete entire set of cards. Test tubes are available at \$.50 each or \$35 for a set of 80.



# Order Your *Read It Before You Eat It CD-Rom & Kit*

Product	Qty	Price	Total
<input type="checkbox"/> Read It Before You Eat It CD-Rom		\$50	
<input type="checkbox"/> Test Tubes (Set of 80)		\$35	
<input type="checkbox"/> Test Tubes (each)		\$.50	
<b>Order Subtotal</b>			
Shipping Fee – CD-Rom Only (\$3.00)			
Shipping Fee – CD-Rom plus Set of Test Tubes (\$10.00)			
<b>Total</b>			

Name \_\_\_\_\_

Title \_\_\_\_\_ Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

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<b>I will pay by:</b>		<b>Return completed form to:</b> Nutrition Council 2400 Reading Road, Suite 201B Cincinnati, OH 45202 (p) 513.621.3262 (f) 513.621.9355 (credit card only)
<input type="checkbox"/> Check (Payable to: <b>Nutrition Council</b> )		
<input type="checkbox"/> VISA	<input type="checkbox"/> Mastercard	
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