

Media Madness

Did You Know: 98% of all food advertisements are for foods that are high in **FAT, SUGAR and SODIUM?**

- We see and hear advertisements for food on
 - TV
 - Computer
 - Radio
 - Billboards
 - Cell phones
 - Magazines
- Not all of the foods advertised are healthy for us to eat.
- A healthy diet and regular exercise are important to live a healthy life.

Circle Which TV is Healthier!

