2.11: Key Takeaways

Health professionals play an integral role in helping and empowering clients to better understand nutrition labelling and incorporate it into healthy eating patterns and food choices. As a health professional, it is important that you:

- Understand the legal requirements of nutrition labelling so that you can have informed discussions with clients and advocate when companies do not follow policies.
- Collaborate with clients on identifying and responding to their goals related to NFT, ingredients lists, and other nutrition labelling.