



Good Food, Good Life

Health begins with you; when you have healthy habits, your family will too. Find out more at [NESTLE.COM.MY/HowAmI](http://NESTLE.COM.MY/HowAmI)

Nestlé Products Sdn. Bhd. (45229-H)



## HOW AM I?

### I get my answers from the back of the pack

When you choose a Nestlé product, check the NESTLÉ NUTRITIONAL COMPASS® that provides you with clear and easy-to-understand approach to the food labelling system.



- Know what is good for you in the product
- Know your nutritional needs
- Meet your nutritional needs



Use the NESTLÉ NUTRITIONAL COMPASS® to help you make better choices when it comes to food and beverage.