



CERT™

Looking for the Tick symbol is a quick and easy way to shop for healthier food.

The Tick helps compare similar products at a glance. For example, a Tick breakfast cereal is healthier than one not meeting the Tick standards.

Products with the Tick are independently tested. If they don't measure up, they can't use the Tick.

Picking the Tick is a simple change we can all make to improve our diet.

HEALTHIER CHOICES FOR HEALTHIER NEW ZEALANDERS



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