

FAT

More than 1/3 of Sri Lankans are overweight or obese. High fat intake can lead to obesity-related health complications.



**Reduce consumption of high-fat food items
as much as possible**



**Many common food items such as
chips, wade, chinese rolls, sausages,
fries and fast food contain high levels of fat.**

When buying packeted food always
look at the fat level indicators
on the label



LESS THAN 3g
PER 100g



3g to 17.5g
PER 100g



17.50g OR MORE
PER 100g

This will help you identify
and avoid high-fat food items
to protect your children's health .

