

SUGAR

can be 'addictive'.

It can make you obese and increase your risk of heart disease, diabetes, and other health complications that kill approximately 1.5 million people every year, worldwide.

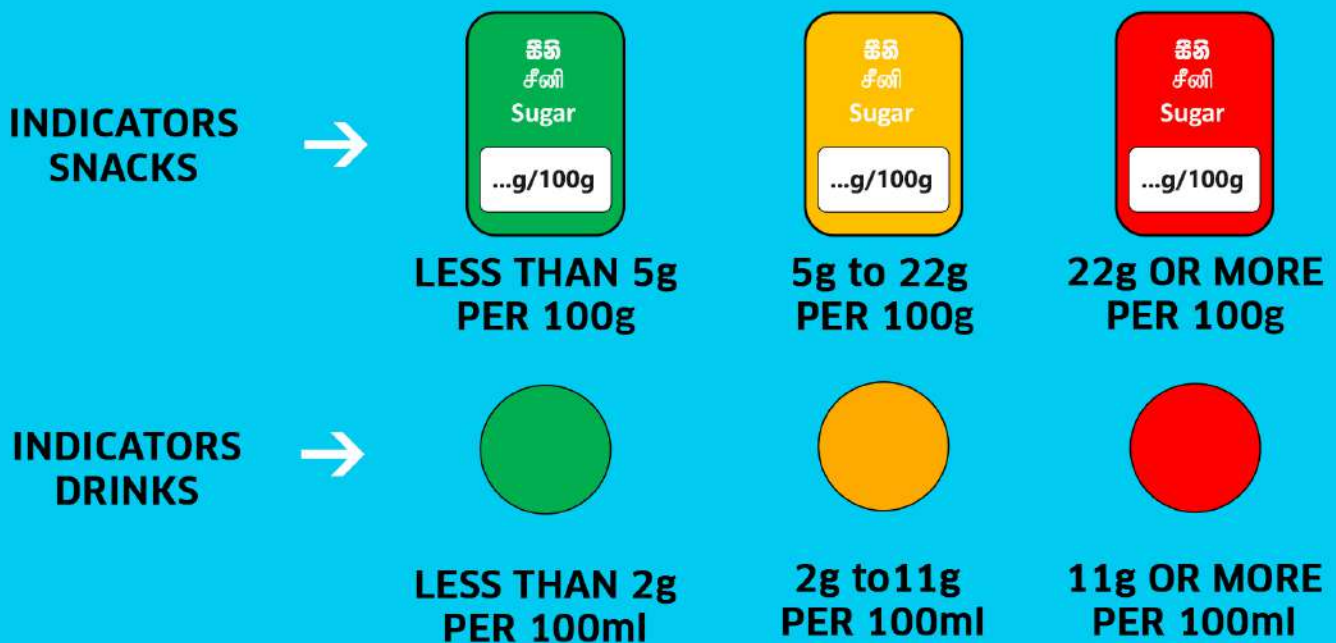


The Ministry of Health recommends a maximum of 6 teaspoons of sugar per day, or less. Reducing sugar intake to a minimum can give additional health benefits.



Many common items like beverages, sauces, chocolate malt drinks, sweets, biscuits and buns contain high levels of sugar.

When buying packaged/bottled items,
always look at the sugar level indicator
on the label.



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

