

# 3

## WATCH OUT for DRINKS with Hidden SUGARS

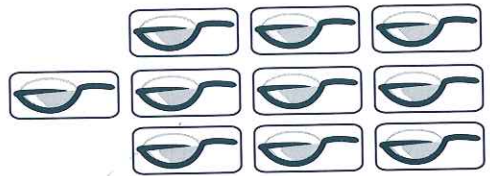


### LIMIT

CORDIAL (1 glass)



SOFT-DRINK (1 can)

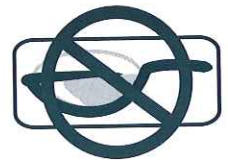
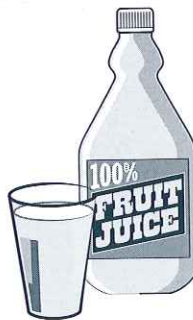


FRUIT JUICE DRINK  
(1 mini carton with straw)

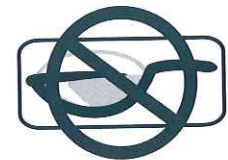


### BETTER

100% FRUIT JUICE



GLASS OF MILK



### BEST

WATER

