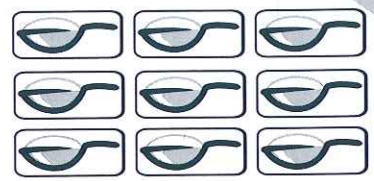
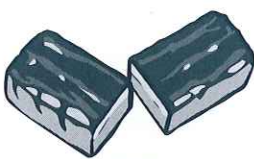


5 WATCH OUT for FOODS with Hidden SUGARS



CHOCOLATE BAR



ICED DOUGHNUT (Ring)



ICE CREAM



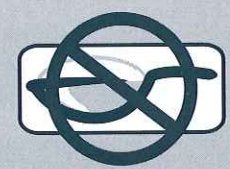
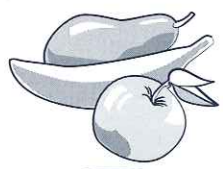
CHOCOLATE COATED BISCUIT



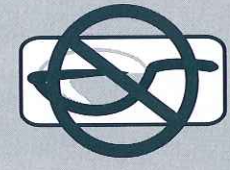
CAKE



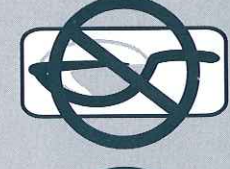
FRESH FRUIT



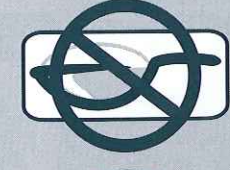
PLAIN YOGHURT



TINNED FRUIT



DRIED BISCUITS



SANDWICH WITH PEANUT BUTTER

