

# 4 WATCH OUT for FOODS with Hidden FATS



ICED DOUGHNUT



POTATO CRISPS (50g)



HOT CHIPS (95g)



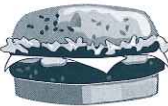
PIZZA (1/4 Medium Size pizza)



MEAT PIE (190g)



HAMBURGER



CHOCOLATE BAR



SAUSAGE ROLL



INSTANT NOODLES



CHOCOLATE COATED BISCUIT



PIECE OF CAKE



DEEP FRIED CHICKEN DRUMSTICK



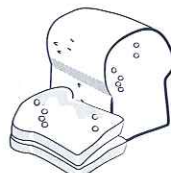
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or LESS



BAKED BEANS



SANDWICHES AND BREADS



BREAKFAST CEREAL



RICE



FRUIT & VEGETABLES



DRIED FRUIT



POPCORN



PASTA



YOGHURT