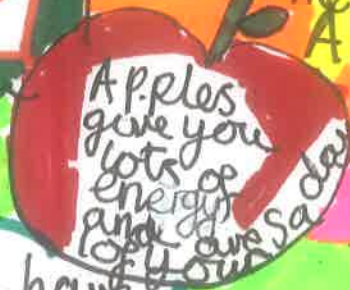


Fruit Mania

Dry mango
It's a little
bit sugar
but still
1g of your
5 a day



The Big
APPLE



Apples
give you
lots of
energy
and
1g of your
5 a day

You can have
a apple once
a day keeps
the doctor
away

Bananas are
very good
for you and
1g 5 a day



Blue berries
really give
you energy
it also
helps your
skin.



Doritos

A average
chocolate
bar has 10g
of sugar



CRISPS

They normally
contain 7.2g
of sugar!



A cookie
10g of sugar