







Hidden

Fruit and milk are nutritious sources of natural sugars



Don't forget, dried fruit counts towards your five a day

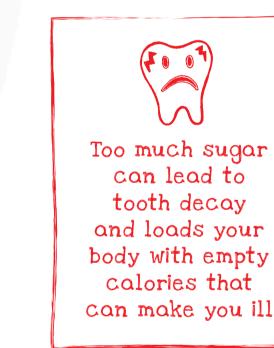
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Added sugar can be hidden in all sorts of foods, such as sauces, breads and pickles

Always check the label













Artificial sweeteners contain no calories, but we aren't sure how they affect our bodies so it's best to avoid them

Be aware of sugar