Be A SUGAR De Tective...



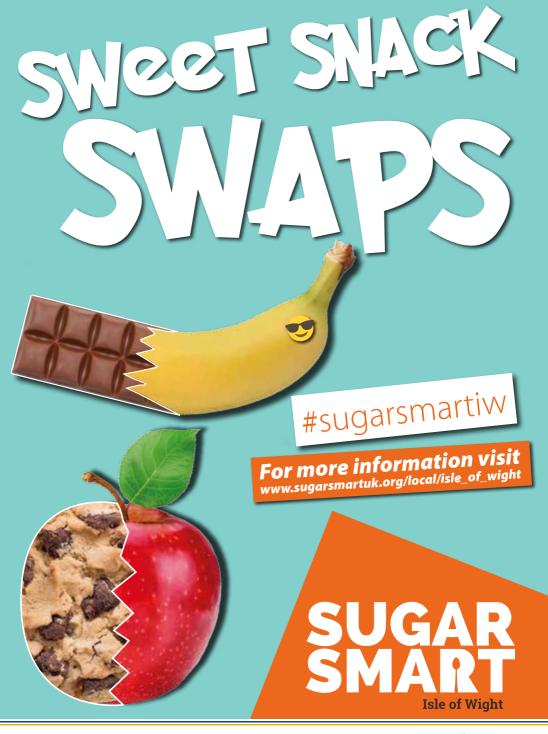
#sugarsmartiw

GAN YOU
FUND
HUDDEN
SUGARSP

SUGAR SMART

Isle of Wight







ICNIMUCE

The maximum daily amounts of added sugar are:



#sugarsmartiw



4 to 6 years

5 cubes (19 grams



6 cubes (24 grams)



For more information visit www.sugarsmartuk.org/local/isle_of_wight

11+ years

7 cubes (30 grams)



Isle of Wight

