



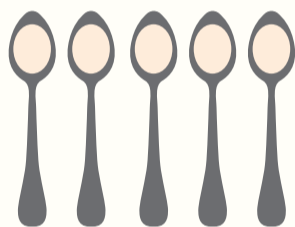
TUCKER TALK TIPS

WHAT'S IN THAT SNACK?

- Some snack foods and drinks are high in fat and added sugar
- Too much of these foods can contribute to you becoming overweight
- Sticky, sugary foods and drinks can cause tooth decay
- These snacks should be eaten only occasionally and in small amounts



FRUIT BAR



1 BAR = 5 TSP OF SUGAR



SOFT DRINK



1 CAN = 10 TSP OF SUGAR



CHOCOLATE BAR



1 BAR = 3 TSP OF FAT + 6 TSP OF SUGAR



SWEET BISCUITS



2 CHOC BISCUITS = 2 TSP OF FAT + 3 TSP OF SUGAR



POTATO CHIPS



1 SMALL PACKET = 3 TSP OF FAT



CORDIAL



1 GLASS (250ml) = 5 TSP OF SUGAR