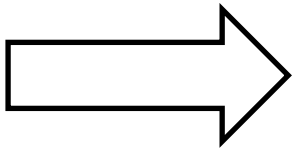


Cut out components below to create display -----

How much sugar is in your food and drink?

Please note sugar contents may vary between brands – always check the nutrition label of the product first

Use the **Change4Life Food Scanner** app
to find out how much sugar is in your
food and drink

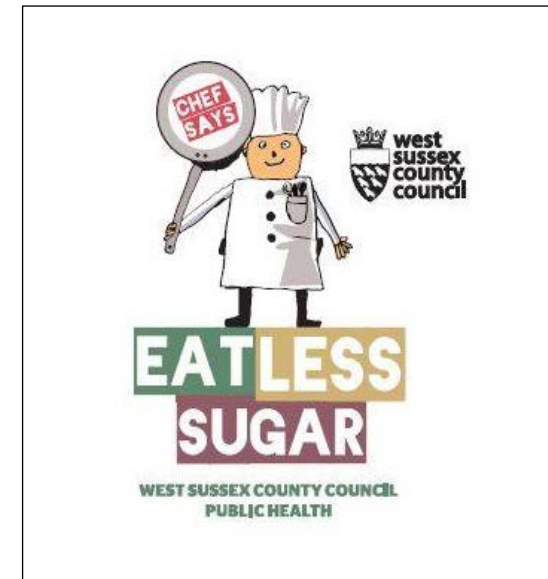


change 4 life
Food Scanner



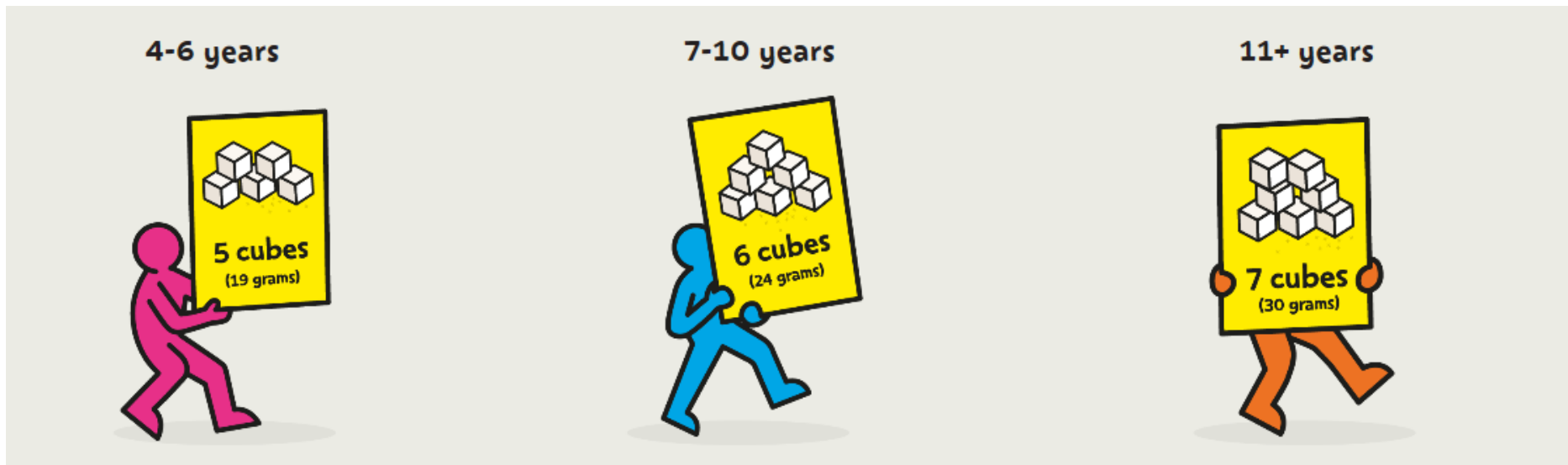
Get the Food Scanner app

Brings food labels to life and find out what's really inside your food and drink



1 cube = 4g sugar

The maximum daily amounts of added sugar are:



1 cube = 4g sugar