

*Processed foods may contain
MORE SUGARS than you think.*

**A CEREAL BAR
may contain 2-3 TEASPOONS
of refined sugar.**

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INTERNATIONAL

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medilinkint.com

*The WHO recommended free sugar intake for adults
and children is less than 12 teaspoons (50 grams) per day.*



*Processed foods may contain
MORE SUGARS than you think.*

**A bowl of CEREAL
may contain 2-4 TEASPOONS
of refined sugar.**

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and children is less than 12 teaspoons (50 grams) per day.*



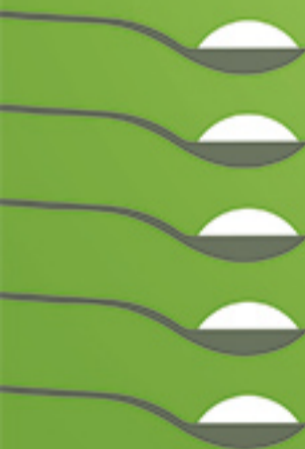
*Processed foods may contain
MORE SUGARS than you think.*

A small bottle of processed
ORANGE JUICE may contain
3-5 TEASPOONS of refined sugar.

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and children is less than 12 teaspoons (50 grams) per day.*



*Processed foods may contain
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**A can of SOUP
may contain 5 TEASPOONS
of refined sugar.**

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Processed foods may contain
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A small bottle of **FRUIT YOGURT**
may contain **3 TEASPOONS**
of refined sugar.

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