

NATURAL SUGAR NATURAL

However hard some foods try to look healthy, they can't hide the reality.

Funny how a lot of snacks out there try to sound wholesome by labelling themselves as being 'natural', '1 of your 5 a day' or 'added calcium' – yet forget to mention they're still 'stuffed full of sugar'.



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SUGAR AWARENESS WEEK 8TH - 14TH NOVEMBER 2021

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