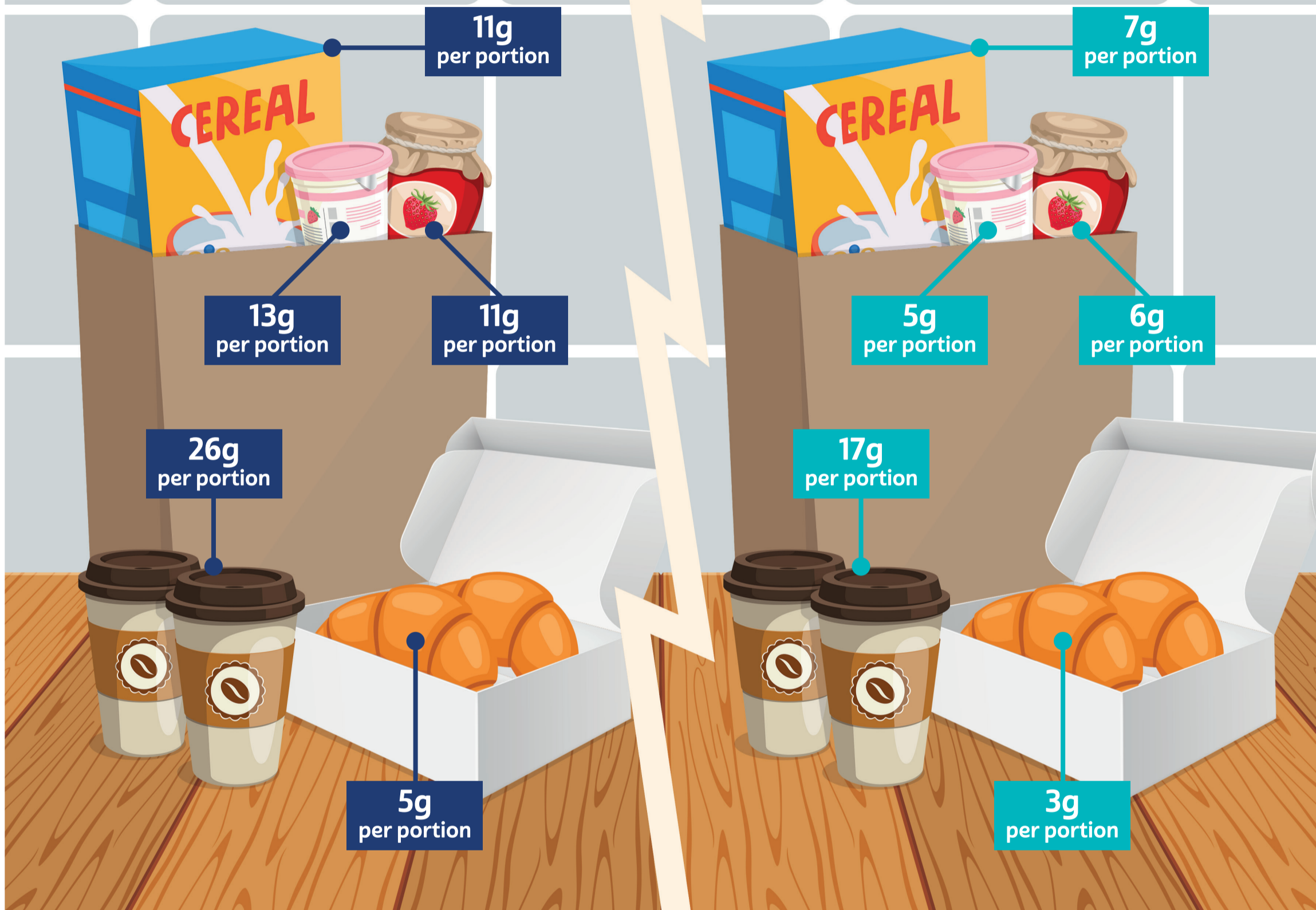


# SPOT THE DIFFERENCE

These may look the same, but one has nearly **50%** more sugar!



Companies add unnecessary amounts of sugar to our food and drink, but similar products from a different brand could have a lot less sugar in!

**Spot the difference by checking the labels for lower sugar options.**



## SUGAR AWARENESS WEEK

14<sup>th</sup> - 20<sup>th</sup> November 2022

[www.actiononsugar.org](http://www.actiononsugar.org)

@actiononsugar #SugarAwarenessWeek