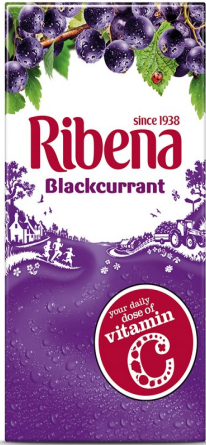


**It's really easy it is to give your children too much sugar
without realising it**



Ribena 288ml

(individual small carton)

Sugar content

29g sugar =

7 1/4 teaspoons



Small variety box 30g

Sugar content

16g sugar =

4 teaspoons



Small treat bag 20g

Sugar content

15.8g sugar =

4 teaspoons

From these 3 items alone Total sugar 60.8g = 19 1/4 teaspoons

**It's really easy it is to give your children too much sugar
without realising it**



Ribena 288ml

(individual small carton)

Sugar content

29g sugar =

7 and 1/4 teaspoons



Small variety box 30g

Sugar content

16g sugar = 4 teaspoons



Small treat bag 20g

Sugar content

15.8g sugar =

4 teaspoons

From these 3 items alone Total sugar 60.8g = 19 and 1/4 teaspoons