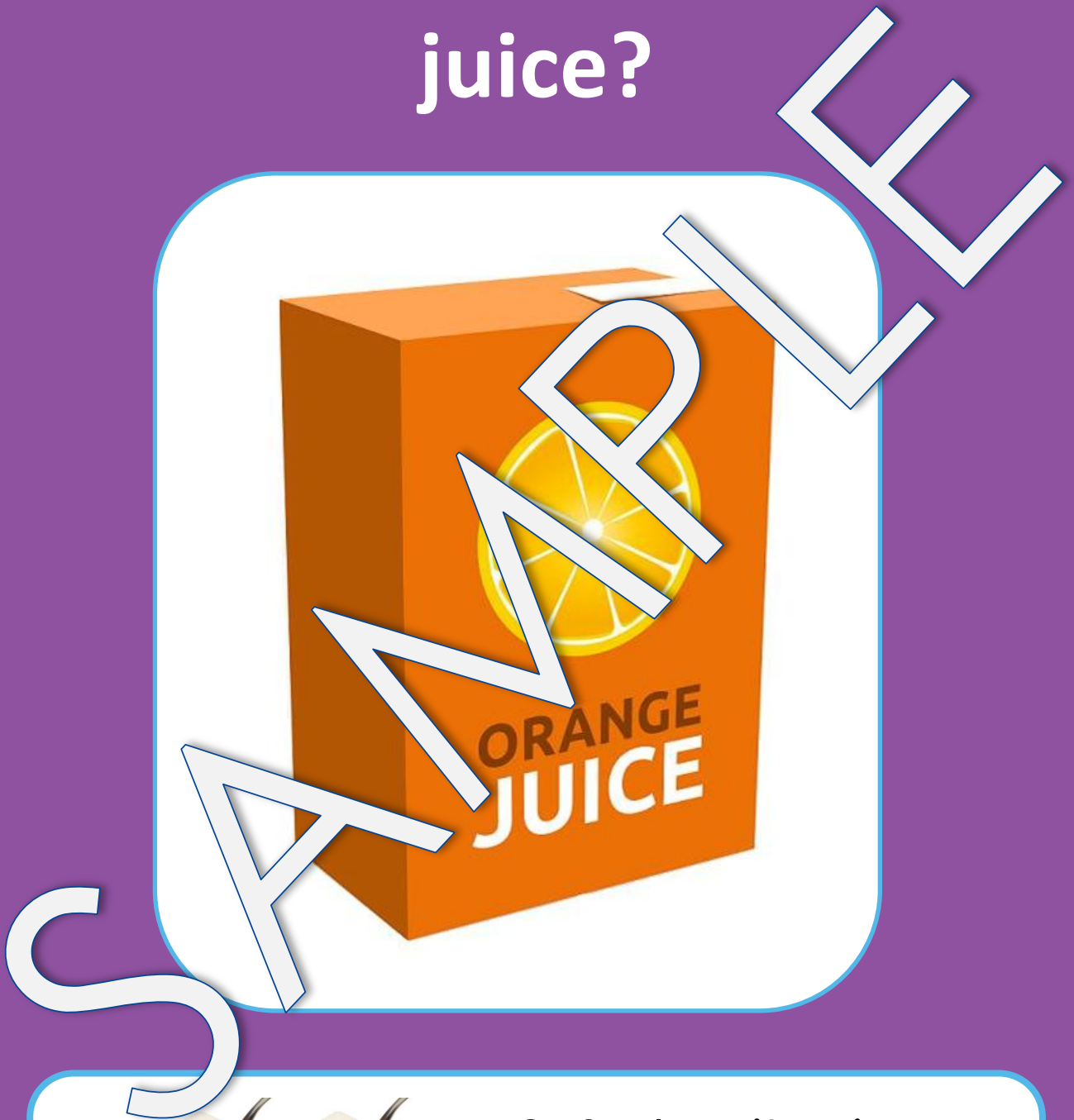


# What's hiding in your food?



1 teaspoon of fat = 5g  1 teaspoon of sugar = 4g 

# What's hiding in your juice?



250ml Fruit Juice  
5 teaspoons (20g)  
sugar

1 teaspoon sugar = 4 grams