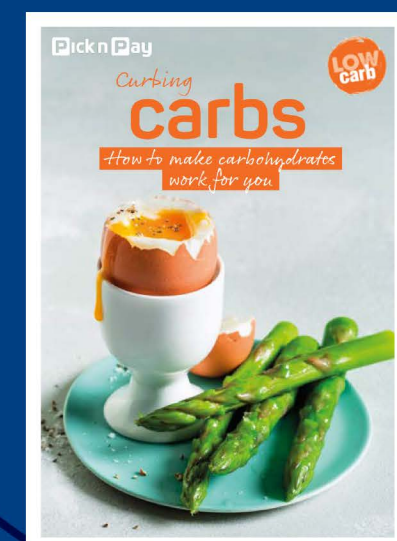


# TOP TIP

Limit foods high in sugar. Foods with a high sugar content, such as fizzy drinks, sports drinks and confectionery, need to be limited. They provide empty kilojoules, and regular intake can cause weight gain and poor blood sugar control.

TRY ME!



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