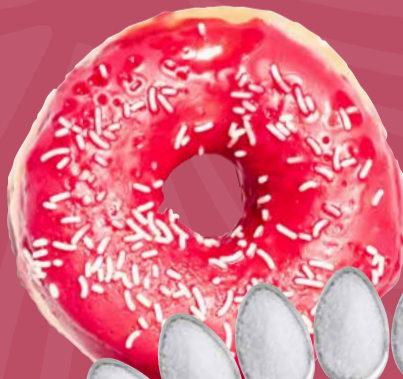
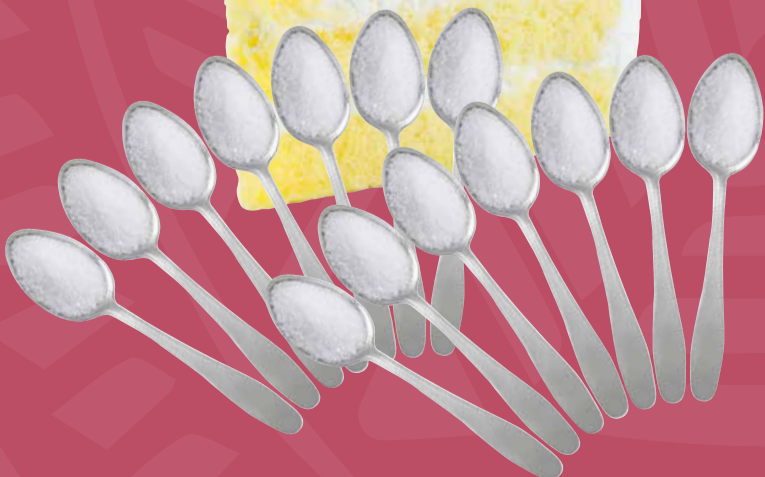




# What's in my food?

## Hidden sugar...



1  
TEASPOON  
OF SUGAR  
= 5 GRAMS