

VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

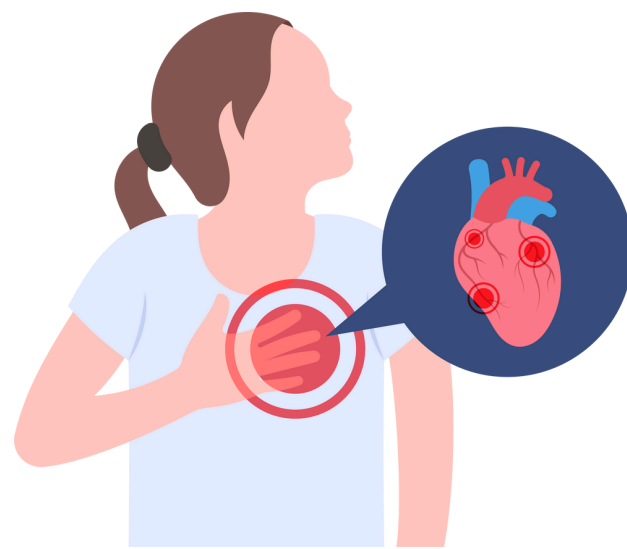
Added sugar

Too much added sugar can cause...

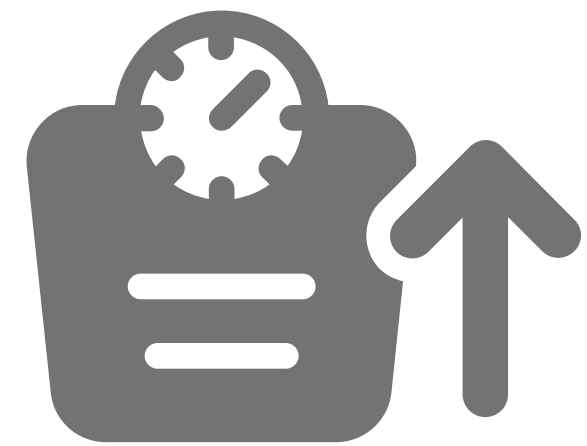
Tooth decay



Heart disease



Weight gain



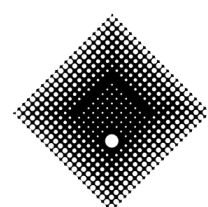
What foods have added sugar?



Have less of these foods



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WESTERN VICTORIA
An Australian Government Initiative

Supporting People with an Intellectual Disability to Access Health (SPIDAH)

