

Sugar



ADDITIVES AWARENESS & ACTION
READ THE LABELS!

Do you KNOW exactly what you & your family are eating & drinking?

Sugar Free

Aspartame accounts for over 75% of the adverse reactions to food additives reported to the Food & Drug Administration. Many of these 92 reactions are very serious including SEIZURES, ADHD, SLEEP PROBLEMS, OBESITY & DEATH.

Many trusted brands & products contain a toxic poison called **ASPARTAME!**

diet

Do you STILL want to risk giving this to your children? ALWAYS READ THE LABELS of the food & drink you buy! EDUCATE YOURSELF on what you & your family are consuming!

Also beware of other insufficiently tested sweeteners such as SUCRALOSE, SACCHARIN & ACESULFAME K!

No Added Sugar

WATCH OUT FOR:
*Contains a source of phenylalanine



**SWEETENERS
OUTTA
SCHOOLS**
OUR CHILDREN
ARE SWEET ENOUGH!

**Join our
campaign to get
sweetened
products out of
schools!**

PLEASE COPY & SHARE THIS INFORMATION - copyright-free leaflet by the **National Health Federation in Wales**

For more information or to download pre-written letters for you to send to local schools, nurseries, diet clubs, playgroups, etc please see our website:

www.thenhf.co.uk