

VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

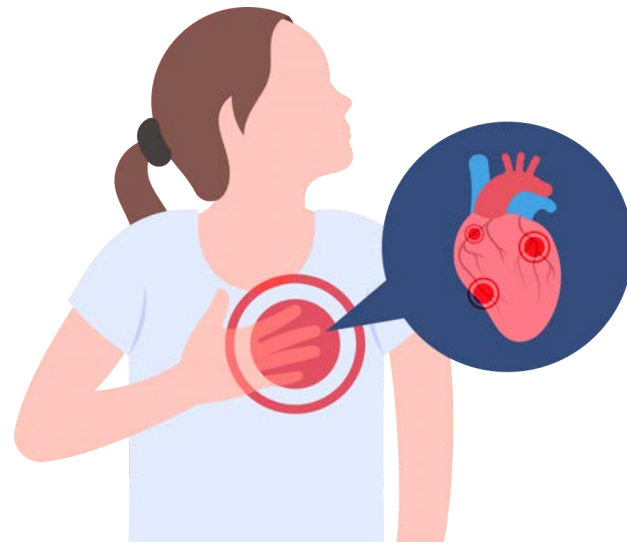
Added sugar

Too much added sugar can cause...

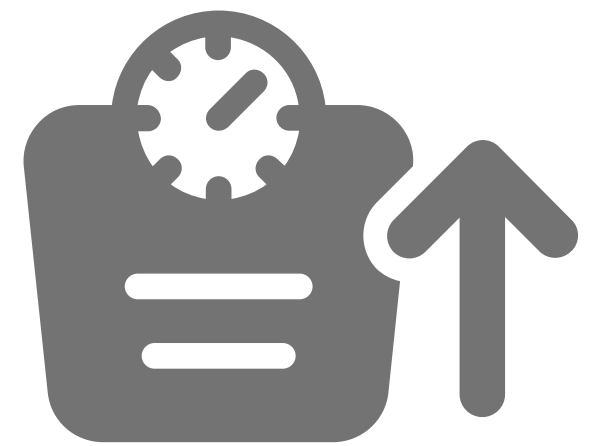
Tooth decay



Heart disease



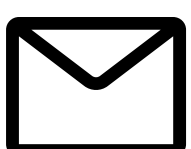
Weight gain



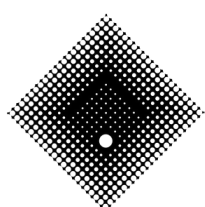
What foods have added sugar?



Have less of these foods



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Supporting People with an Intellectual
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