

Food and drink high in fat and sugar

Take care with these foods

- have small amounts
- do not have them very often

Too much fatty and sugary food is bad for health. You may get



overweight



sad if you cannot do activities



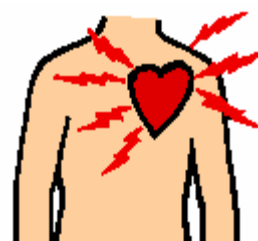
back, hip or knee pain



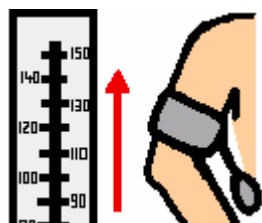
breathless



diabetes



heart problems



high blood pressure



teeth problems

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