

## **Please Read: Instructions and Terms of Use**

**The Diabetes Projects Trust** has given the *Eat Healthy and Be Active* programme permission to use their fat and sugar display materials, if desired. Please verbally give the **Diabetes Projects Trust** credit whenever their material is used. The printed cards have their logo and name already displayed on them.

We have included this material in your resources because we have found that this is a very effective visual tool.

Picture of the cards: As you prepare your cards, use salt instead of sugar for the sugar content and bars of soap for the fat content. Staple a small plastic bag filled with the salt or soap to each card. You may attach the cards to a board or display separately.

The cards and guidelines included from the Diabetes Projects Trust, although from 2013, are the latest updates. We will update them here on the link, as needed.