Tips to Decrease Added Sugars

Small portions:
A small amount can go a long way!

Make food fun:
Although sugary foods are advertised as “fun foods,” make nutritious foods fun instead.

Use the check-out lane that does not display candy.

Invent new snacks:
Make your own healthy snack mixes.

Make fruit the everyday dessert:
Serve baked apples, pears, or enjoy a fruit salad instead.

Play detective in the cereal aisle:
Look at the nutrition labels to find the amount of total sugars in your cereals and breakfast items.

Make treats “treats,” not everyday foods:
Limit sweet treats to special occasions.

If you don’t eat your meal, you don’t need sweet “extras”:
Sweets should not replace foods that are not eaten at meal time.

Sip smarter:
Soda and other sweet drinks contain a lot of sugars.

http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html