

Tips to Decrease Added Sugars

Small portions:

A small amount can go a long way!

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

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

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

Invent new snacks: Make your own healthy snack mixes.

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 contains a lot of sugars.