



Easy Ways to Reduce Your Sugar Intake

Be aware.

- ✓ What are you eating and drinking?

Eat more.

- ✓ **Eat more meals on time** — Stay with a schedule for meals.
- ✓ **Eat more fiber** — Fiber helps reduce sugar cravings, gives long-lasting energy, and raises serotonin levels.
- ✓ **Eat more vegetables and fruits** — These provide fiber, vitamins and minerals for a satisfied appetite.
- ✓ **Eat more fiber at breakfast** — A high-fiber breakfast will help control your appetite and desire for sweets.
- ✓ **Eat a high-fiber lunch** — You will be less likely to need an afternoon snack.

Keep fresh fruit available.

- ✓ Keep stocked with fresh fruits.
- ✓ Eat fruits to satisfy your 'sweet tooth.'
- ✓ Serve fruit for dessert. Open a can of mixed fruit packed in juice, add a fresh, diced apple and/or a sliced banana for a quick dessert.
- ✓ Add fresh fruit to your lunch.

Drink water.

- ✓ Drink water instead of high-sugar drinks.

Go for a walk.

- ✓ Get plenty of exercise to give you energy so you will not need a pick-me-up from a sugary snack. When you get the urge for sweets, take a 10-minute brisk walk.

Modify your recipes.

- ✓ You would be amazed at how much sugar you can cut in many recipes and no one will notice. Many dessert recipes can actually have the sugar cut in half. Experiment with your recipes; the first time you may want to reduce the sugar by one third. If all is well, the next time cut the sugar by one half.