



INSTEAD OF THIS

TRY THIS



Soda, fruit juices, and other high-sugar beverages

Sparkling or plain water with fresh mint, sliced cucumber, or fresh fruit



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Candy, cookies, and pastries

TRY THIS



Dark chocolate
(with cacao as 1st ingredient)



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Dried or candied fruit



TRY THIS



Fresh or frozen fruit



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Bread with added sugar

TRY THIS



Rice cakes, sprouted grain bread, or baked sweet potatoes



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Flavored or sweetened yogurt



Plain, unsweetened yogurt with fresh/frozen fruit added



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Ice cream or sorbet

Frozen fruit or fresh fruit smoothie



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Breakfast cereal



Unsweetened oats with fresh fruit and nuts added