



## EASY WAYS TO REDUCE ADDED SUGAR

Sweeten low-fat plain yogurt with fruit

Flavor coffee with milk and cinnamon rather than flavored creams, syrups, and table sugar

Choose unsweetened versions of cereal and top with a sliced banana or berries

Use jams and jellies labeled “no sugar added”

Add cinnamon, fresh or dried fruit, and nuts to plain oatmeal

Choose salad dressings and condiments containing 5 grams or less of sugar

Swap the soda for flavored zero-calorie sparkling water

Use half the suggested amount of sugar for baking recipes