



You could be getting your entire day's sugar allowance from just one 12-ounce soda.

Easy ways to cut back on sugar

Lowering your sugar intake doesn't have to be a struggle. Here are some tips:

- Keep your favorite fresh fruits ready-to-eat in the fridge or at work. Reach for these when you have a sugar craving.
- Get candy and sweet treats out of the house. Avoid vending machines at work. Out of sight, out of mind.
- Be selective about treats. Allow yourself a slice of grandma's pumpkin pie if you really want it. Just make it a small piece and an occasional treat, not an everyday habit.

- Drink water with lemon instead of soda, sports drinks, or juice. Or, make your own fruit water by putting your favorite fresh or frozen fruits in a large bottle, and fill the rest with ice water.



- Make a gradual change. Don't try to cut out all sugar at once. Instead, try cutting a little here, and a little there, to get used to less of it.
- Decrease the sugar in recipes. When cooking or baking, try using about half the sugar you normally would. You may not notice a difference in taste.

