
EAT LESS SUGAR!

Here are some ways to reduce your intake of added sugars.

Replace Sugary Drinks with Water

When you're trying to cut down on sugar, follow MyPlate's advice and **"Drink water instead of sugary drinks."**

This can be easy and fun — it doesn't have to feel like a sacrifice.

Keep a **pitcher of cold filtered water** in the fridge so that making a healthful choice is a no-brainer.

You can **add slices of fresh fruit or herbs** to the pitcher if you'd like to give the water a flavor boost! Some of our favorite combinations include lemons and limes, strawberries and basil, and watermelon and mint.

If you miss the bubbles from soda, try **drinking plain seltzer** instead of water, or flavoring seltzer water with those tasty herb and fruit combos.

Choose Fresh Fruit:

We all want to indulge a sweet tooth from time to time, but why not transform that sweet tooth into a fruit tooth? The sugars in fruit are naturally-occurring and part of a full nutrient package, rather than added in huge doses to processed candies and sweets. **The next time a sweet craving strikes, reach for the fridge instead of a candy dish.**

The easiest way to make this transition is to **slice up a bunch of fresh fruit and put it in the fridge**. That way, your healthful snack is ready to go when hunger strikes. Chunks of watermelon or fresh berries are especially great, while frozen grapes or blueberries also make refreshing sweet treats.

