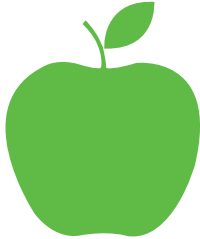


10 WAYS TO REDUCE YOUR SUGAR CONSUMPTION

1 REDUCE INTAKE OF SUGAR SWEETENED BEVERAGES

Try adding fruit or fruit juice to water or sparkling water for a great alternative.



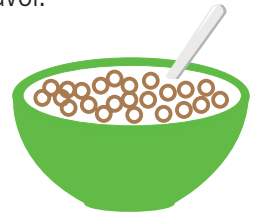
2 READ LABELS

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 200mg	20%
Iron 8mg	45%
Potassium 235mg	6%

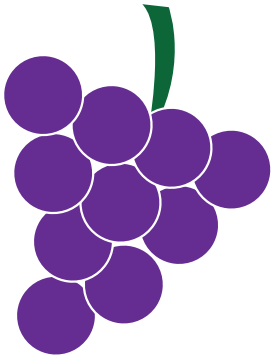
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

3 CHOOSE PLAIN LOWFAT YOGURT

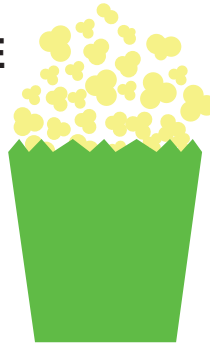
Use fruit, nuts, cereals to make your own yogurt flavor.



4 DON'T DRINK YOUR FRUIT



5 ALWAYS HAVE LOW SUGAR SNACKS AVAILABLE



6 WATCH PORTION SIZES

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

7 REDUCE STRESS



8 MAKE SMOOTHIES WITH NO ADDED SUGAR



9 CHOOSE NO SUGAR ADDED OR REDUCED SUGAR LABELS



10 MAKE YOUR OWN SIMPLE DRESSINGS, SAUCES, AND SPICE MIXES



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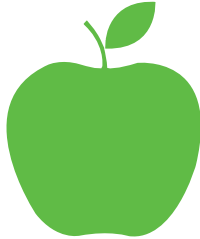


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10 MANERAS DE REDUCIR SU CONSUMO DE AZÚCAR

1 REDUCIR EL CONSUMO DE BEBIDAS ENDULZADAS

Intente agregar fruta o jugo de frutas al agua o agua con gas como una excelente alternativa.



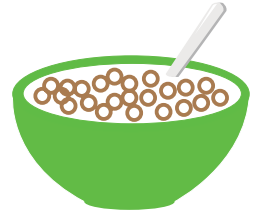
2 LEER ETIQUETAS

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	2%
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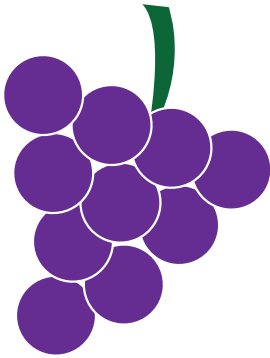
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used as a general nutrition advice.

3 ELIGA YOGUR SENCILLO BAJO EN GRASA

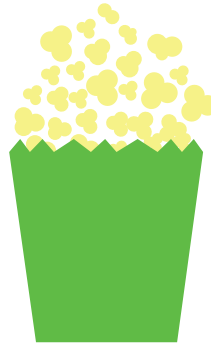
Use frutas, nueces, cereales para hacer su propio sabor de yogur.



4 NO BEBA SU FRUTA



5 SIEMPRE TENGA BOCADILLOS BAJOS EN AZÚCAR DISPONIBLE



6 VEA LOS TAMAÑOS DE LAS PORCIONES

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

7 REDUZCA EL ESTRÉS



8 PREPARE BATIDOS CON ELEMENTOS SIN AZÚCAR AÑADIDO



9 ESCOGA SIN AZÚCAR AÑADIDO O ETIQUETAS DE AZÚCAR REDUCIDO

10 HAGA SUS PROPIOS ADEREZOS, SALSAS Y MEZCLAS DE ESPECIAS SIMPLS



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