

Cutting Out Sugar? *Try These Swaps.*



Coffee

Try cinnamon in place of sugar



Yogurt

Try Greek in place of fruit/flavored



Oatmeal

Try bulk rolled oats in place of flavored instant packets



Fruit

Try fresh or frozen in place of canned with heavy syrup



Sushi

Try Sashimi in place of rolls



Snacks

Try veggie sticks and hummus in place of chips/crackers



Dressing

Try olive oil and lemon in place of pre-made



Candy

Try dried fruits and nuts in place of packaged candy



Burgers

Try Portobello mushroom cap in place of regular bun