UW-MADISON EXTENSION

More than $58 \%$ of Americans eat more than the recommended daily amount of sugar. Eating more than 25 grams of added sugars per day can raise the risk of type 2 diabetes, obesity, hypertension, heart and liver diseases, and tooth decay.Try these simple sugar swaps to reduce added sugars in your diet.

## Baking \& Cooking

Unsweetened applesauce can be used for sugar in equal amounts when baking


## Beverages

Try sparkling water or infused/flavored water instead of sugar-sweetened beverages like soda


## Energy Bites

## $1 / 2$ cup peanut butter

 1/4 cup maple syrup 1/4 cup chia seeds 1 cup rolled oats $1 / 3$ cup unsweetened shredded coconut 2 tbsp cocoa powder

Recipe and photo from eatfresh.org In a large bowl mix all ingredients together, starting with $1 / 2$ cup nut butter and adding more if the mixtures seems to dy. Chill for 10 minutes. Shape into small balls, about 1 inch in diameter and enjoy! Store in refrigerator.

## Desserts \& Sweets

Enjoy a naturally sweet fruit (fresh, frozen, or canned) instead of a sugar-based dessert


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## Canned/Packaged Fruits

Choose fruits that are made with water or in their own fruit juice not a syrup


## Oatmeal/Cereal

Choose whole-grain cereals low in added sugars and add fruit/berries to your cereal or oatmeal for a sweetener instead of sugar


Serving Size 1 piece ( 15 per recipe)
138 Calories, 7 g fat ( 2 g saturated fat), 43 g sodium, 16 g carbohydrates ( 3 g fiber, 8 g sugar), 4 g protein

Food photos credit to: Canva.com

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