

TIPS

EASY SUGAR SWAPS



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



Desserts & Sweets

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



Beverages

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



Canned/Packaged Fruits

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



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 mixture seems to dry. Chill for 10 minutes. Shape into small balls, about 1 inch in diameter and enjoy! Store in refrigerator.

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](https://www.canva.com)