

# 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





**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



## 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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