

# simple ways to cut back on HIDDEN SUGAR

*Small changes can add up - for the whole family!*



**healthy living  
in twin creeks**

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Fall is in full swing! That means busy school nights and weekends filled with games, activities, and parties. When it comes to meals and snacks, grab 'n' go choices can seriously derail the best-laid plans for steering clear of too much added sugar.

Excess sugar has been linked with heart disease, dental cavities, Type 2 diabetes, and obesity. Obesity is linked with cancer and a host of other ailments.

Here are some quick tips for avoiding hidden added sugars, beyond obvious sources like sodas, candy, and baked treats.

**Whole-grain gains!** When picking cereal, remember this rule of thumb: 6 grams or less of sugar + 3 grams or more of fiber per serving = a smart choice!

**Go bananas!** In lieu of pre-sweetened oatmeal, cook whole oats with a banana and top with berries and cinnamon. Use mashed, ripe berries instead of jelly on pb&j. This boosts nutrient value as well!

**Shake it up!** Make your own dressing by tossing salads in olive oil, flavored vinegar, salt, and pepper to avoid added sugars and unnecessary ingredients.

**Healthy hydration!** Swap soda for water infused with lemon or fruit naturally flavored sparkling water or 100% juice.

**Caffeine counts!** Watch out for super-sized coffee drinks — many exceed the sugar recommendation for a whole day! Instead, choose unsweetened tea or coffee and add your own sugar and milk or flavor with cinnamon or nutmeg.

**Sly sugar!** Peanut butter, pasta sauce, and even bread can be sneaky. Avoid ingredients like corn syrup, fructose, evaporated cane juice and brown rice syrup.

**Be serving size wise!** Just because it looks like one serving doesn't mean it is!

**Celebrate!** Make dessert a special occasion!



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# Twin Creeks

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