



Sidestep Sugar

strategies for avoiding sugar intake

What is your strategy for eating less sugar?

“The more sugar you eliminate from your diet, the easier avoiding sugar becomes” - Heidi

“Being more mindful of added sugars in foods, limit sweetened beverages.” - Kim

“Using the Fooducate app to check the labels of foods I commonly use.” - Celia

“Shop the perimeter of the grocery store! Don’t go when you’re hungry.” - Beverly

“If it comes in a box, bag or can (with the exception of fruits and vegetables), it's extremely likely to have added sugars and the nutritional stuff processed out of it. Eat food in it's natural form - it's absolutely delicious!” - Juanita

“Craving cookies? We bake them with 25% less added sugar, still tastes great!” - Nicole

“No sugar at breakfast to reduce cravings throughout the day.” - Julie

“Always check the ingredient list first! Avoid snacks where sugar is at the top of the list.” - Anne

“Be wary of beverages! Energy and sports drinks have loads of added sugar.” - Nick

“Prep a nutritional lunch the night before to avoid unhealthy cravings.” - Remy

“Grab a piece of fresh fruit over a processed dessert. It’s yummy and guilt free.” - Angelina