



Eat Less Sugar

By Connie Crawley, Anne Whittington and Jenny M. Grimm



All candy is made with sugar.



Use sugar substitutes.



Drink diet drinks. Drinks with
sugar substitutes are O.K...



...Water is best.

Watch for these words...

Honey

Syrup

Sucrose

Fructose

Sorbitol

Mannitol

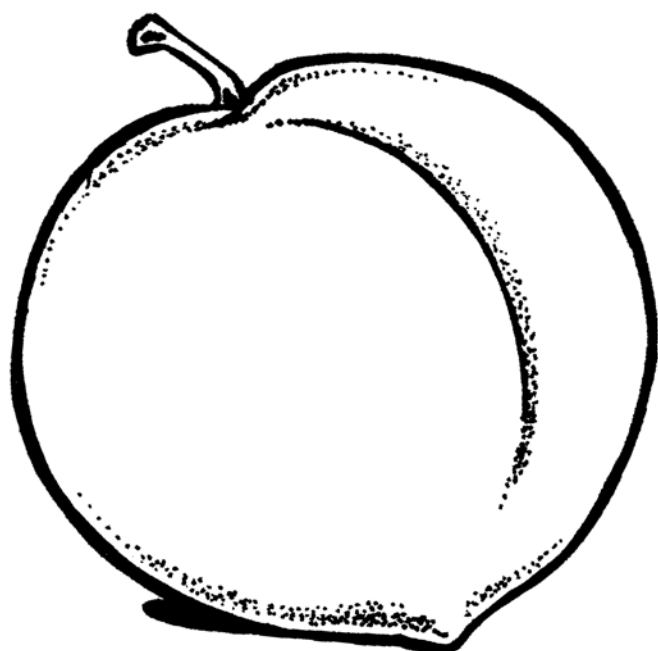
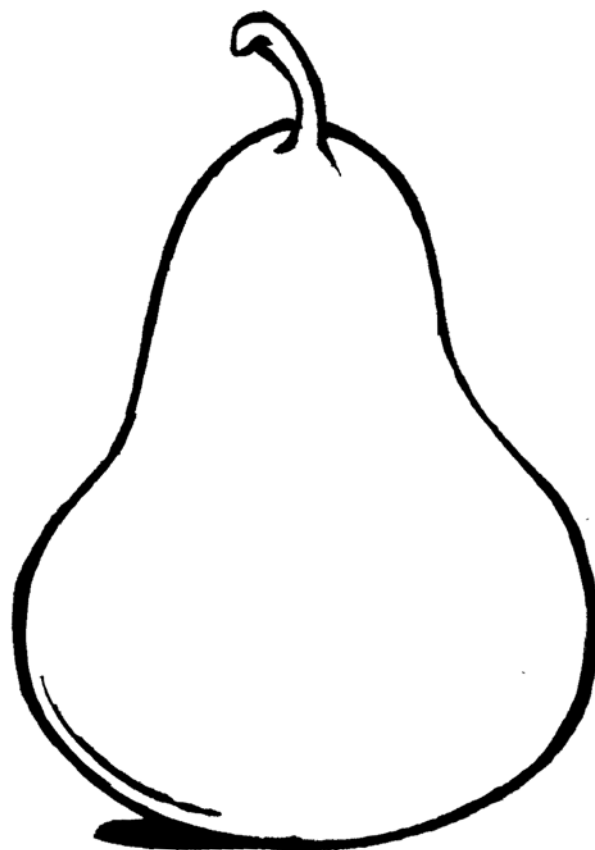
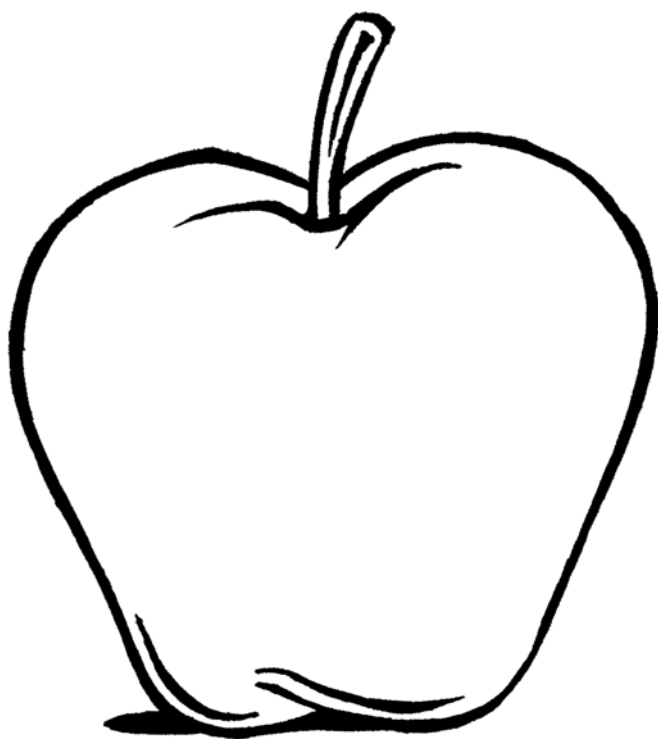
Glucose

Maltose

Lactose

...They mean sugar.

Try one of these for dessert.





Canned fruit in fruit juice is O.K.



Try cinnamon on fruit.

1. Which is a low sugar drink?

Diet drinks.

Drinks with sugar substitutes.

Water.

2. All candy is made with sugar.

Yes

No

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