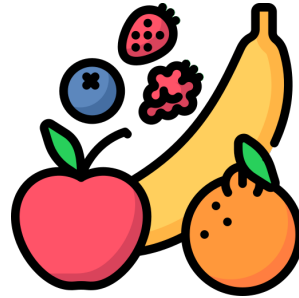
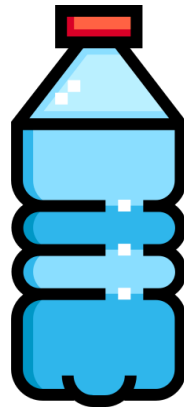


# WAYS TO CUT DOWN ON SUGAR

## Sugar Tips

- Choose whole foods.
- Drink lots of water.
- Have a piece of fruit.
- Chew fennel seeds.



- Incorporate protein and/or fat with each meal.
- Don't buy sugary snacks for your house or office.
- Don't substitute artificial sweeteners for sugar.
- Swap ketchup for salsa.



**PROTEIN**

- Use an olive-oil based dressing versus a store brought salad dressings.
- Add applesauce to homemade baked goods.
- Go for raw cacao or dark chocolate versus milk chocolate.
- Start your day off right with a breakfast of protein, fat and phytonutrients.
- Gradually cut down the amount of sugar you have in your coffee.
- Choose fruit instead of biscuits, chocolate, cakes or candy.
- Select foods and drinks with no added sugar, especially soft drinks.
- Pick a better bread by switching to Ezekiel Bread Sprouted Whole Grain Bread.
- Choose cereals with less than 6 grams of sugar per serving and that provides a large dose of fiber.



## Become Familiar With Sugar Terminology

Recognize that all of these are sweeteners: agave, corn syrup, corn sugar, high fructose corn syrup, sucrose, dextrose, honey, cane sugar, cane crystals, fruit juice concentrates, molasses, turbinado sugar and brown sugar.