



Eating Less Sugar And Sweets Is Healthy

For better health, eat and drink only small amounts of sugar each day. Sugars can be solids or liquids and include: white sugar, unrefined sugar, powdered sugar, honey, molasses, and corn syrups. Some foods and beverages, such as syrups, jellies, candies and sweetened drinks have lots of sugar. Foods with too much sugar contribute to tooth decay.



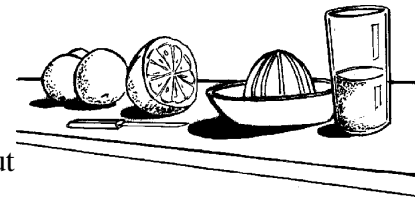
Use Small Amounts of Sugar In Drinks

Use small amounts of sugar in all of your drinks. Do not add sugar to fruit juices. Use artificial sweeteners in cold and hot drinks.

Prepare rice pudding and custard with small amounts of sugar.

Prepare Your Own Fruit Juices

You can save money and be healthy by preparing drinks made with fruits or blended fruits and milk drinks. Drink these instead of soft drinks, fruit drinks or carbonated beverages. Drinks like cinnamon and lemon-leaf teas, without adding sugar, are very healthy.



Eat Cereals That Don't Have Too Much Sugar

Select cold cereals low in sugar. When buying cereals, read the labels. If sugar is listed as the first or second ingredient on the list, the cereal can be very high in sugar. These cereals cost more than cereals that have smaller amounts of sugar.

Eat Breads Lower in Sugar

Have your coffee or hot chocolate with breads that are low in sugar. Eat these breads instead of cookies, donuts, cakes and other high-sugar pastries.

