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