

### GOAL COUPON 10: SWEETEN WITH FRUIT

*When selecting foods in MyPyramid, select foods that pack in a lot of vitamins/minerals without a lot of sugar (or fat). Add that touch of sweetness to your diet by replacing sugar with fruit. Try these sweet tips that focus on fruit:*

**Reduce the sugar** in sweetened yogurt by mixing  $\frac{1}{2}$  plain with flavored.

**Reduce the sugar** in flavored milk by mixing  $\frac{1}{2}$  of the flavored milk (flavored milk is higher in sugar than plain white skim milk) with  $\frac{1}{2}$  white skim milk.

**Mix juice with** a small amount of water to reduce the sugar content.

**Purchase unsweetened** applesauce.

**Look for unsweetened** cereals for breakfast and as a snack. Top with fresh fruit slices or dried fruit pieces and reduce the sugar you would typically add to your cereal.

**Limit the amount** of syrup on pancakes; top with fruit and low-fat yogurt for sweetness.

**Replace pop and fruit drinks** with 100% juice and water.

**Purchase fruits packed** in juice or if packed in syrup, rinse before serving.

### GOAL 10:

Limit foods that are high in sugar.

Sweeten with fruit. Circle and do at least 3 tips.



Use these **GetFIT Helpful Connections** on the back of this coupon to help you cut added sugar in your diet.

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