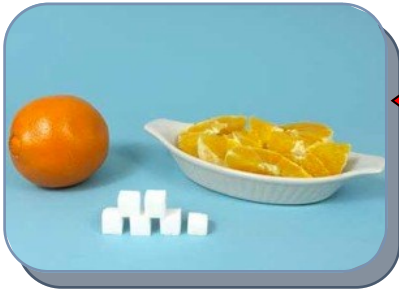
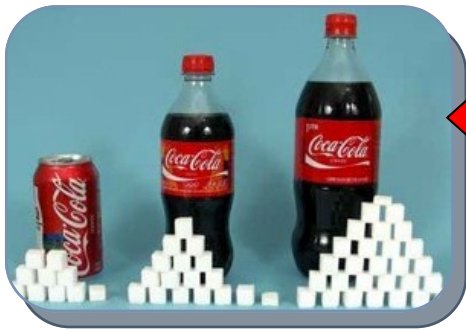


Sugar Stack Up

How sweet it is...



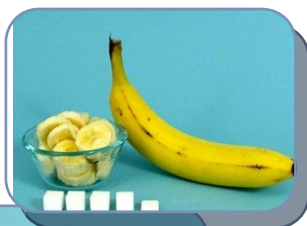
Whole fruit has less sugar and more fiber per serving which helps to control blood sugar!



Limiting portion sizes can drastically decrease your intake of added sugar!



Limit portions of sorbet or go for frozen fruit.



Smoothies are loaded with extra sugar (and calories!). Feel full with less food by consuming whole pieces of fruit instead.



Veggies are always low in sugar and a great snack!

