

Eat Healthy With Less Added Sugar!



Added sugar adds extra calories to foods and drinks.

Added sugar is not good for your teeth.

Added sugar and natural sugar work the same way in your body.

It is best not to eat too much foods and drinks high in added sugar!

Here are some foods that are high in added sugar:

- Soft drinks
- Candy
- Donuts
- Pastries
- Cookies
- Pies
- Cake



These foods have very few nutrients but can be high in calories

Foods like fruits, vegetables, dairy products, and whole grains are best for you to eat. They have many good nutrients like:

- Vitamins
- Minerals
- Fiber
- Phytonutrients or Fight-o-Nutrients which can help your body fight disease

Remember to eat less foods with added sugar!



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