



SWEET ENOUGH

without all that sugar

EXAMINING FOOD CHOICES AND SETTING REALISTIC GOALS

EXAMINING FOOD CHOICES		
Food	What I buy now	What I plan to try
<i>Example: Cereal</i>	<i>Sugar Frosted Flakes</i>	<i>Plain whole wheat flakes with some fruit on top</i>
SETTING REALISTIC GOALS		
<i>Example: I will compare Nutrition Facts and Ingredient Labels on three higher sugar foods or drinks I currently purchase and choose a lower sugar alternative this week.</i>		

REFERENCE: Yeargin, N., and Reed, S. Penn State Extension Service. Creating Health & Nutrition: Nutritive Sweeteners.