

# Cut Back on Sweet Treats

## Healthy Tips & Ideas

Limiting the amount of added sugars is part of healthy eating. Healthy eating can help prevent many types of cancer and other chronic diseases, including heart disease, stroke and diabetes.

Sweet treats and sugary drinks have a lot of calories and few nutrients. To decrease added sugars in your kid's foods and drinks, follow these simple tips:



### Be aware in the cereal aisle

Cereals aimed at children tend to be full of sugars. Show your kids how to

find the amount of sugar in cereals on the Nutrition Facts label. Make a game out of finding a cereal that they like that has a low amount of sugar.

### Use the check-out lane without candy

Avoid the lane at the grocery store that displays candy so that your children won't be tempted to ask for candy while waiting in line.



### Sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories.

Substitute these drinks with 100% juice or fat-free milk.

**Serve small portions** You don't have to get rid of sweets entirely. Use smaller bowls and plates to serve treats or have your children share a sweet treat.

**Have fun and be creative** Make nutritious foods fun by preparing them with your child's help. Make a smiley face with sliced bananas. Let kids create their own trail mix from dry whole-grain cereal, dried fruit and unsalted nuts or seeds.



### Make fruit the everyday dessert

Serve pears, fruit salad, baked apples or frozen juice bars that are

100% juice instead of high-calorie desserts.

**Be smart about rewards** Instead of rewarding your child with a sweet treat for good behavior, try rewarding them in other ways such as with stickers, hugs or kind words. If are going to reward your child with sweet treats, try not to do it often. Limit sweet treats to special occasions.

### Don't replace meals with sweets

Metabolism is the rate at which your body burns calories. You should eat healthy meals regularly to keep up your body's metabolism. Don't let candy, cookies and other

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## Where can I get more information?

The USDA's Center for Nutrition Policy and Promotion provides information on portion size, serving suggestions, healthy meal tips and recipes.

**Phone:** 1-888-799-7264

**Website:** [www.choosemyplate.gov](http://www.choosemyplate.gov)

The American Heart Association's Nutrition Center offers information about healthy diet goals, smart shopping, recipes, healthier meal preparation methods, smart substitutions and much more.

**Phone:** 1-800-AHA-USA-1 (1-800-242-8721)

**Website:** [www.heart.org](http://www.heart.org)

The National Cancer Institute provides accurate and up-to-date information about cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

**Phone:** 1-800-4CANCER (1-800-422-6237)

**Website:** [www.cancer.gov](http://www.cancer.gov)

## Local Notes:



**For more local information, please contact:**

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