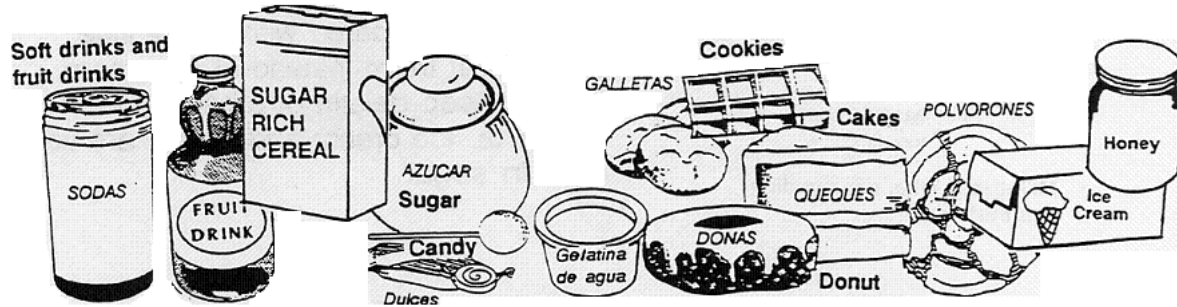
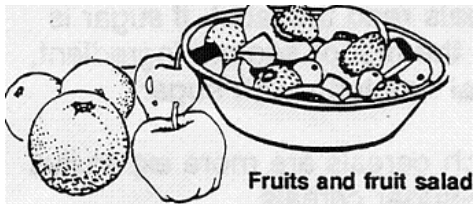




## Eat less sugars and sweets

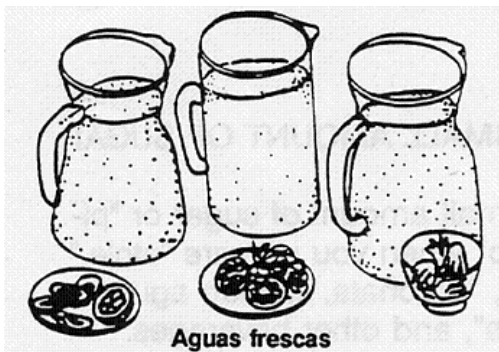


**Sugars and sweets can be fattening.**  
**Sugars and sweets can make dental cavities.**  
**Use sugars and sweets only in small amounts.**



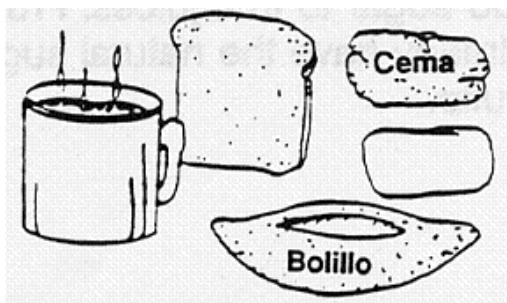
## Eat More Fruit

- Fresh fruits and fruit salads are healthy snacks and desserts for children and adults.
- Use fruits instead of candy and other less healthy snacks.



## Drink Water or “Aguas Frescas” (Fruit-based drinks)

- Prepare “aguas frescas” such as “horchata” and “aguas de fruta” with only a little sugar – or no added sugar at all!
- Avoid soft drinks, fruit drinks that are less than 100% fruit juice, and other sugar-rich drinks.
- Drink water when thirsty.



## Eat Low-Sugar Breads

- Choose “cemas”, “bolillos”, crackers, and other breads that are low in sugar.