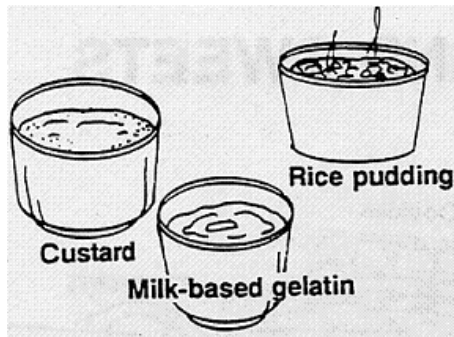




Why eat less sugars and sweets?

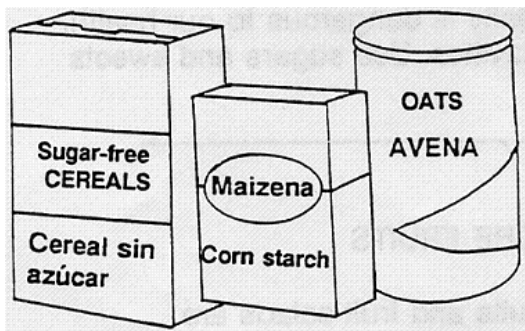
- Sugars and sweets can be fattening.
- Sugars and sweets can produce dental cavities.

Use sugars and sweets only in small amounts!



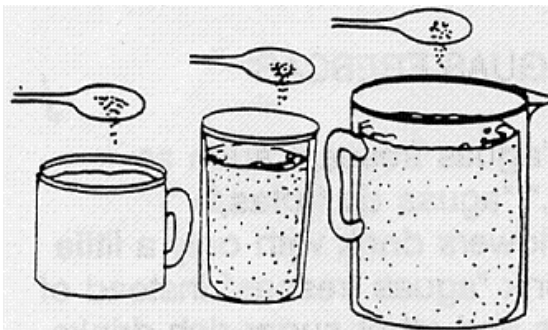
For Dessert, Eat Low-Sugar

- Prepare rice pudding, milk-based gelatin or custard prepared with only a little sugar.
- Eat them instead of ice cream, water-based gelatin or other high-sugar desserts.
- Ice cream and gelatin are very high in sugar.



Eat Low-Sugar Breakfast Cereals

- Choose oats, “maizena”, and breakfast cereals that are low in sugar.
- When you buy cereals read the label. If sugar is listed as the first or second ingredient, the cereal has too much sugar.
- Sugar-rich cereals are more expensive than low-sugar cereals.



When Using Sugar, Think Small

- Use small amount of sugar or “piloncillo” when you prepare “atole”, “horchata”, “licuado de aguas frescas”, coffee, and other beverages.
- Don’t add sugar to fruit juices. Fruit juices already have the natural sugar of the fruits.