



TEN STRATEGIES FOR A

SUGAR RESET



Swap When You Shop

- 1 Get curious about what's in your cupboard—check out the Nutrition Facts to see the amounts of added sugar.
- 2 The next time you shop, try trading your usual foods for a lower sugar option. A great place to start is condiments, snacks, cereal, or yogurt.
- 3 Consider trying some of the no-calorie sweeteners—there's sucralose, aspartame, stevia, and many other choices. These may work to help curb your sugar cravings—find out what works for you.

Get Better Beverages

- 4 Switch out sugar-sweetened soda, tea, or energy drinks for H2Orange™ or sparkling water flavored with fruit for some natural sweetness and hydration.
- 5 Trade that sugary warm drink for a nice mug of berry tea or cinnamon-infused coffee with a touch of sugar-free vanilla syrup.

Practice Some Meal Magic

- 6 Include some protein in your meals to boost your satiety and lower your desire to reach for sweet treats.
- 7 To top off a meal, treat yourself to a small bowl of fresh or frozen fruit with a dollop of light whipped cream.
- 8 Another good meal finisher: garnish a small dish of no-sugar-added yogurt with berries and a sprinkle of whole grain cereal.
- 9 You might even enjoy a healthy indulgence of 1 or 2 small squares of 70% or greater dark chocolate—participants tell us it really helps manage their sweet tooth.
- 10 Of course, you can use your Wondr™ skills to have a few bites of your favorite dessert, preferably after a satisfying meal... When you do, choose a small portion or split the dish, take small bites, put your fork down in between, and eat slowly and mindfully—making sure to really enjoy the flavor and watch for satisfaction.