



Most young people eat too much sugar. They eat sweet cereal for breakfast in addition to sweetened juice. For lunch they have a fruit rollup or candy with a sandwich, and with dinner they often drink lots of soda or other sugary drinks. Dessert might be ice cream or cookies.

Sugar gives us a lot of energy at first, and then it makes us really tired and cranky, and always wanting more sugar. Some people get headaches or feel sick from eating sugar.

Our bodies do not need white sugar, and there are many easy ways to eat less of it.

You will feel better and be much healthier without it!

Sugar alternatives:

- Eat fruit to get a naturally sweet taste.
- Eat sweet vegetables, such as sweet potatoes, carrots and squash.
- Drink seltzer or water with a little juice instead of soda.
- Bake your own desserts and treats using natural sweeteners.
- Eat more grains, chewing well to release their natural sweetness.