

Life is Sweet... With These Easy Sugar Swaps!

Cut back on added sugars and calories with these tasty tips and tricks.

Baking and Cooking

Unsweetened applesauce or dried fruit, mashed banana, 100% fruit juice, sweet potato and carrot add **natural sweetness** and can be used as a substitute for some of the added sugars or other sweeteners in some recipes. You may need to adjust the recipe to get the taste and texture you like. Or try using a low-calorie sweetener suitable for cooking and baking.



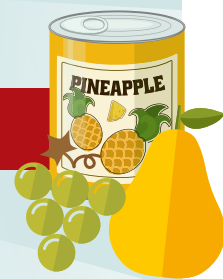
Dressings and Sauces

Read the Nutrition Facts label to identify **low and no-added-sugar versions of your favorites**, including bottled salad dressing, chutney, ketchup, and sauces such as tomato, teriyaki, hoisin, plum and barbecue. Try making homemade versions so you can control the amount of added sugar — and sodium — in them.



Desserts and Sweets

Enjoy dessert by splitting a portion with a friend. Or swap a traditional sugar-based dessert for the natural sweetness of fruit. Fresh, frozen and no-sugar-added canned options, such as pears, peaches and pineapple, are all good choices. Try them baked, grilled, stewed or poached.



Snack Mix and Granola

By making your own, you can limit the **added sugar**. Here are some healthy ingredients to mix together to help you create a delicious snack mix: unsalted or very lightly salted nuts, seeds, and popcorn; raisins and other unsweetened dried fruits; rolled oats; whole-grain cereal (nonsugared/nonfrosted); rice cakes; and whole-grain crackers.



Soda/Soft Drinks

Swap **sugar-sweetened beverages** for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.



Tea and Coffee

Cut back on **sugars** (including honey and agave syrup) gradually until your taste adjusts to less sweetness. Try adding natural flavors such as cinnamon, citrus, mint or nutmeg.



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