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## The Great Added Sugar Breakup

The much-needed breakup between the typical American diet and added sugar is an "It's not me, it's you" type of situation. Reducing sugar can help your overall health and well-being, from weight management to controlling blood sugar, increasing energy levels, and maintaining dental and heart health.

Follow these simple tips to break up with added sugar:

- **Think about your drinks-** Instead of reaching for sugary beverages like soda, lemonade, energy drinks, or sports drinks, go for water. If you like flavor or carbonation, try sparkling water with added fresh fruit.
- **Enjoy smaller quantities –** If you like a little coffee with your sugary creamer, maybe it's time to pull out the measuring spoons. No one is saying you can't use your tasty creamer anymore; we should just be more mindful of the amount we use.
- **Satisfy your sweet tooth with nature's candy –** Indulge in a naturally sweet dessert-fruit! One of my favorite fruit desserts is apple nachos! Slice up an apple, drizzle peanut butter over the top, and sprinkle with cinnamon.
- **Share your sweets-** Does something on the dessert menu look super tasty? Go ahead and place the order and share it with a friend! Half of the dessert means only half the calories and sugar.
- **Check the nutrition facts label-** Added sugars are now displayed on the nutrition facts label of packed foods. Use this information to compare added sugars on similar products. Keep in mind that there are many names for added sugar, such as fructose, dextrose, maple syrup, and cane juice.

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Breakups are hard. But the benefits of cutting back on added sugar will add up over time, bite by bite. You've got this!

For more information, visit [www.myplate.gov](http://www.myplate.gov), OR contact, Katherine Pinto, Nutrition, Food Safety and Health Agent, [kd Pinto@ksu.edu](mailto:kd Pinto@ksu.edu) or 620-232-1930.

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