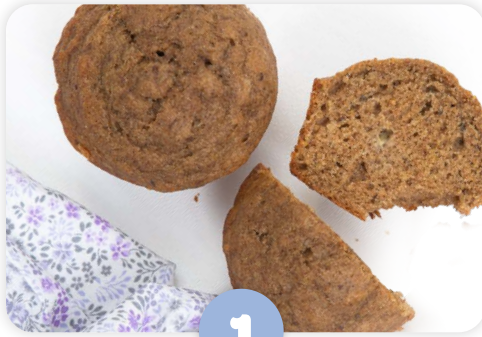
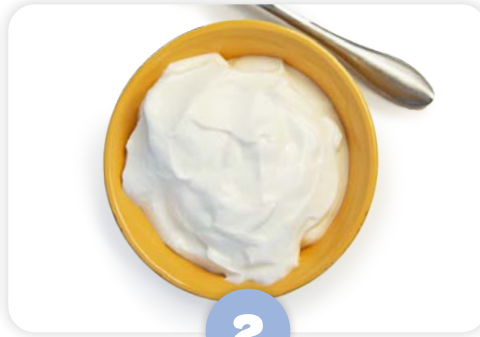




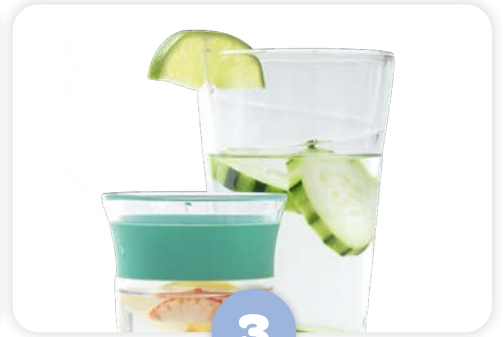
3 ways to cut down on added sugar:



Look for healthy recipes to make your own granola bars, cookies and muffins.



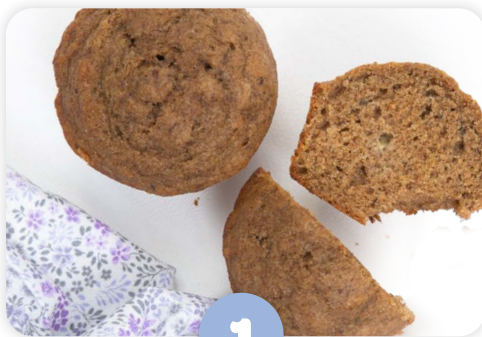
Mix plain yogurt with flavored yogurt.



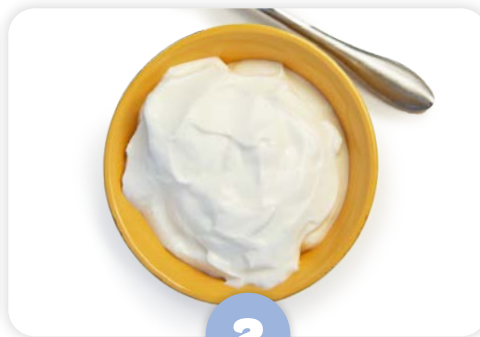
Flavor water at home. Wash and slice fresh fruits and herbs. Add water.



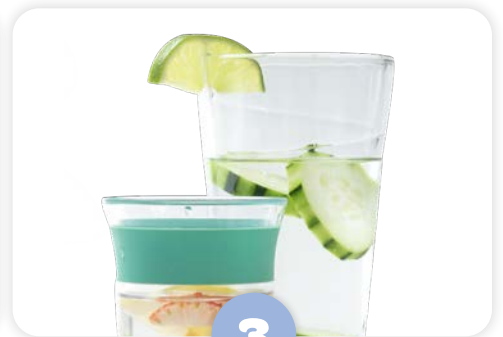
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Flavor water at home. Wash and slice fresh fruits and herbs. Add water.