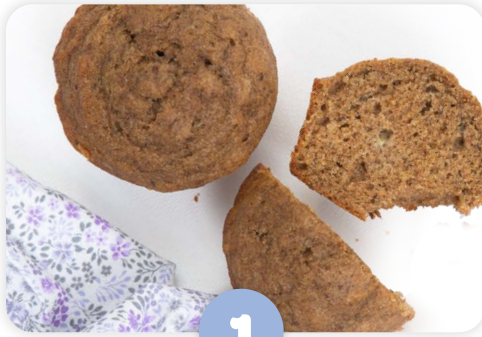
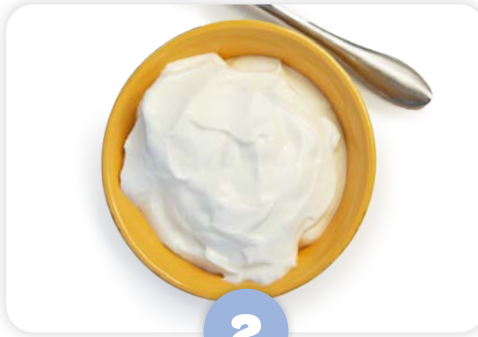


3 ways to cut down on added sugar:



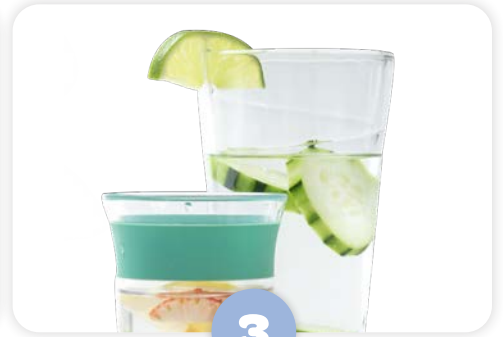
1

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



2

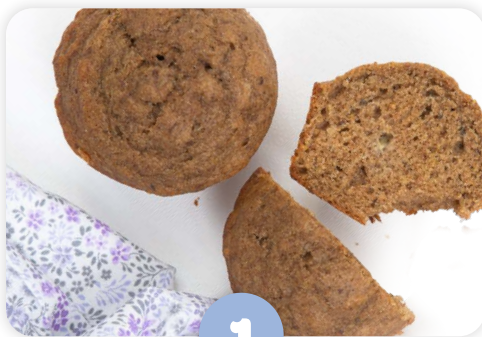
Mix plain yogurt with flavored yogurt.



3

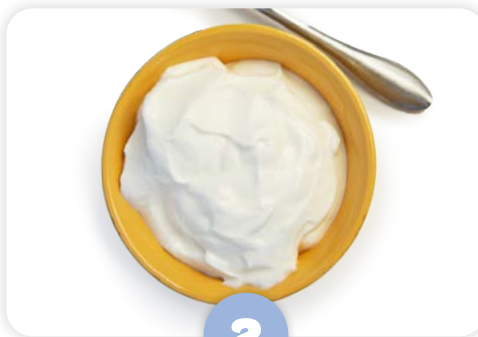
Flavor water at home. Wash and slice fresh fruits and herbs. Add water.

3 maneras de reducir el azúcar añadida:



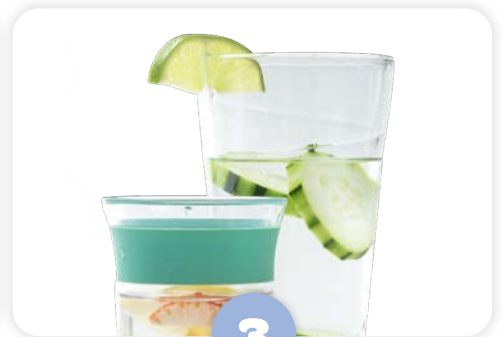
1

Busca recetas saludables: Haz tus propias barras de granola, galletas y magdalenas.



2

Mezcla el yogur simple con el yogur de sabores.



3

Usa sabores en el agua de la casa. Lavar y cortar las frutas o hierbas frescas. Añadir agua.