

break the **SUGAR HABIT**



Even if you think you're eating a healthy diet, it's easy to consume too much sugar. The sample menu below shows just how much can sneak in.

BREAKFAST

8 oz Longlife Decaf Green Tea (lemon/honey flavor) : 3.3 teaspoons
1 package Quaker Instant Oatmeal (apples & cinnamon flavor) : 3 teaspoons
16 oz Nantucket Nectars Freshly Blended Carrot Mango Orange Drink : 13.3 teaspoons

LUNCH

Salad with Kraft Free Catalina dressing : 1.7 teaspoons
Yoplait 99 Percent Fat-Free French Vanilla yogurt : 6.8 teaspoons

MIDAFTERNOON

Balance Bar (chocolate) : 4 teaspoons

DINNER

Healthy Choice frozen entrée (Country Herb Chicken flavor) : 4.8 teaspoons

DESSERT

1/2 cup Häagen-Dazs Zesty Lemon sorbet : 6.8 teaspoons

TOTAL : 43.7 teaspoons

If you need to satisfy your sweet tooth, indulge in the following desserts:

1. **Breyer's Ice Cream, Vanilla** : (3 3/4 teaspoons per 1/2 cup)
2. **La Yogurt French Style Yogurt** : (2 teaspoons per 6 oz)
3. **Post Honey Bunches of Oats Cereal** : (2 teaspoons per cup)
4. **Kellogg's Complete Oat Bran Flakes** : (2 teaspoons per 3/4 cup)
5. **Pepperidge Farm Geneva Cookies** : (2 teaspoons per 3 cookies)
6. **Smucker's Low Sugar Preserves, Strawberry** (1 1/4 teaspoons per tablespoon)
7. **Nabisco Grahams** : (1 teaspoon per 4 cookies)