

Top 7 Drinks & Foods to Avoid

1. **Soft Drinks** – just one can contains 10 teaspoons of sugar. This is equivalent to a person's daily recommended amount
2. **Fruit Juices** – fruit juices contain the same amount of sugar as soft drinks
3. **Candies & Sweets** – limit consumptions of sweets as much as possible
4. **Baked Goods** – cookies, cakes, etc. tend to be very high in sugar and refined carbohydrates
5. **Fruits (canned in syrup)** – choose fresh, whole fruits instead or rinse canned fruit with water
6. **Low-Fat or Diet Foods** – foods that have had the fat removed from them are often very high in sugar
7. **Dried Fruits** – avoid dried fruits as much as possible



Drink water instead of soda or juices and do not add any sugar to your coffee or tea. Sugar can be replaced in many recipes with cinnamon, almond extract, vanilla, ginger, or lemon.