

Cutting back on your kid's sweet treats may be easier than you think

Limiting the amount of foods and beverages with added sugars your kids eat and drink may seem difficult, but there are a few ways to cut back without them noticing. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

10 tips to help you decrease added sugar

1. Serve smaller portions
2. Sip smarter, sip water or fat-free milk
3. Use the check-out lane that does not display candy
4. Choose not to offer sweets as rewards
5. Use fruit as everyday dessert
6. Make everyday foods fun
7. Encourage kids to invent new snacks
8. Choose cereals with less sugar
9. Make treats "treats," not everyday foods
10. Don't replace your child's meal with sweets



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