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NOMBRE DEL TEMA: 10 STEPS TO
REDUCE THE SUGAR

PARCIAL: 2a. Actividad

NOMBRE DE LA MATERIA: Ingles III

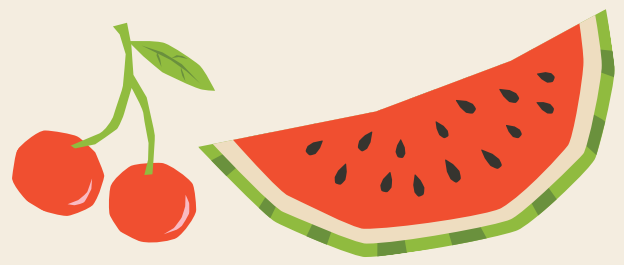
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Goretti Alarcon Navarro.

CUATRIMESTRE: 3er.

10 STEPS TO REDUCE SUGAR

1.- GRADUAL REDUCTION

It is important to know that you should reduce gradually, not cut radically, reduce the taste of sugar foods.

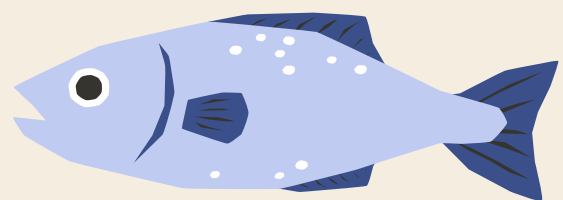


2.-REDUCE SUGAR-SWEETENED BEVERAGES

Do not consume soft drinks, energy drinks and alcoholic beverages. Consume more natural water, unsweetened tea and unsweetened coffee.

3.-ADD FRUIT INSTEAD OF SUGAR

Instead of adding sugar to your cereal, oatmeal or yogurt, add fresh fruit.



4.-AVOID SUGARY DESSERTS

Avoid sugary desserts, eat fresh fruit, dark chocolate, nuts or greek yogurt instead.

5.-USE NATURAL SWEETENERS

Instead of sugar, use vanilla, almond, orange or lemon extracts



6.-USES SUGAR SUBSTITUTE

If you find it difficult to give up or reduce sugar consumption, try stevia, xilitol or erythritol.

7.-A GOOD REST IS ESSENTIAL

Lack of sleep causes people to crave sweet, high-calorie foods.



8.-PAY ATTENTION TO SAUCES AND CONDIMENTS.

The ketchup, BBQ sauce, soy sauce, among other, have high sugar levels.

9.-READ THE LABELS

It is important to pay attention to the nutritional information on the label.



10.-CONSUME MORE VEGETABLES

It's important to add to the daily diet a good portion of vegetables for the increase of fiber in the body.

