Limiting Added Sugars and Fats

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Complete this crossword puzzle to learn more about simple changes you can make to help cut back on the amount of added sugars and fats in your diet.

Across
2. Drink milk, 100% fruit_____, or water instead of sodas or fruit drinks.
4. Top pancakes and French toast with______like peaches instead of syrup.
6. Make dips with cottage cheese or plain______instead of mayonnaise or sour cream.

Down
1. Spread______instead of mayonnaise on sandwiches.
3. Try flavored______like balsamic or raspberry instead of salad dressing.
5. Season food with______and spices rather than fats like butter and oils.

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