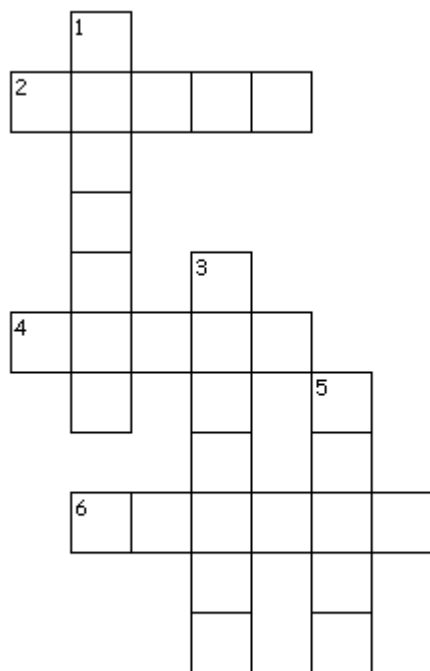


Limiting Added Sugars and Fats¹

Jennifer Hillan and Claudia Peñuela²

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.



Answers:
Across: 2. Juice; 4. Fruit; 6. Yogurt
Down: 1. Mustard; 3. Vinegar; 5. Herbs

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2. Jennifer Hillan, MSH, RD, LD/N coordinator, Educational/training Programs and Claudia Peñuela, EFNEP Assistant in Nutrition, Department of Family, Youth and Community Sciences; Institute of Food and Agricultural Sciences; University of Florida; Gainesville, FL 32611

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