Life is Sweet... with these Easy Sugar Swaps!

Cut back on added sugars and calories with these tasty tips and tricks.

**Baking and Cooking**

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too—adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.

**Desserts and Sweets**

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.

**Dressings and Sauces**

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbeque sauce—which can have a lot of added sugars—for homemade versions so you can control the amount of sugar added to them.

**Snack Mix and Granola**

Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted)—and skip the candy!

**Soda/Soft Drinks**

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.

**Tea and Coffee**

Cut back on sugars (including honey and agave syrup) gradually until your taste adjusts to less sweetness. Try adding natural flavors like cinnamon, citrus, mint or nutmeg.

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