

**Easy swaps** you can make to cut back on sugar when grocery shopping

**artificial  
sweeteners**  
instead of  
**sugar**

**oat or whole  
wheat flour**  
instead of  
**white flour**

**sparkling water**  
instead of  
**flavored soda**

**unsweetened  
applesauce**  
instead of  
**butter**

**unsweet tea**  
instead of  
**sweet tea**

**plain greek yogurt  
with fresh fruit**  
instead of  
**flavored yogurt**

**My Grocery List:**