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





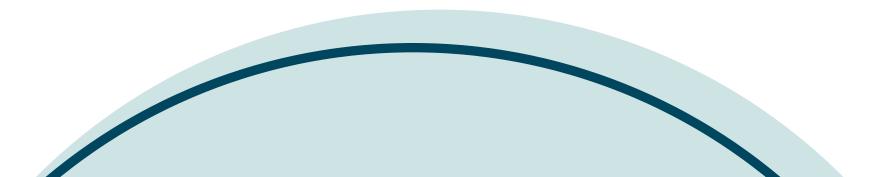
instead of sugar instead of white flour white flour sparkling water instead of

flavored soda

unsweet tea instead of

unsweetened applesauce instead of

butter







plain greek yogurt with fresh fruit

instead of flavored yogurt

