

# WHOLESOME ALTERNATIVES FOR HIGH-SUGAR FOODS



## REPLACE THESE

## WITH THESE

Processed cookies



Home-made cookies made with whole grains and bananas or peanut butter for sweetness



Sugar in granola



Fresh fruits in granola



Caramel popcorn



Home-made, fresh popcorn with light seasoning



Candies



Dried fruit



Carbonated sweetened beverages



Fresh lime juice



Ice cream



Greek yogurt with berries and fruit



**Note:** Seek the advice of your gynecologist and dietician on what foods you can consume during pregnancy.