



Dietary Modifications to Reduce Refined or Simple Carbohydrate Intake

Individuals trying to avoid concentrated sweets and refined carbohydrates may find the following helpful. By using artificial sweeteners instead of regular sugar, you can cut many calories out of your daily intake. Remember, just because something is "sugar free" doesn't mean it is calorie free, but it will most likely be lower in calories. Also, keep in mind that portion control is still a very important part of a healthy diet.



Regular ice cream
Regular or fat free yogurt
Regular cakes, pies, candies, cookies

Regular soda or punches
Regular syrup, jams, jellies
Regular sugar



Sugar free or no sugar added ice cream
Sugar free or no sugar added yogurt
Sugar free or no sugar added cakes, candies, cookies

Diet soda; sugar free punch
Sugar free syrup, jams, jellies
Artificial sweetener

For more information on weight gain prevention, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

Shape Your Future... Your Weigh!™