

PreventionGuide. **GOOD-BYE SUGAR BELLY!**

THE SUGAR SMART DIET™

Sugar Detox

Made Easy

**“I Lost 16 Pounds
in 4 Weeks!”**

**THOSE
SUGAR
CRAVINGS**
Gone in 5 Days

**HIDDEN SUGAR
CAN RUIN YOU**
Here's How To Beat It

**Still Enjoy
the Sweets
You Love**

**“I dieted
for 45 years.
NOTHING WORKED
UNTIL THIS.”**

DISPLAY UNTIL 5/10/2016
PREVENTION.COM

EASY
Delicious
Low-Sugar
RECIPES



BEAT FATIGUE • IMPROVE YOUR SKIN

4.

**SWAP THIS ...
BISQUICK COMPLETE
PANCAKE & WAFFLE MIX
SIMPLY BUTTERMILK WITH
WHOLE GRAIN**

($\frac{1}{2}$ cup): 210 calories,
6 g sugars

...FOR THIS

**Bob's Red Mill
Organic 7-Grain
Pancake and
Waffle Mix**

($\frac{1}{2}$ cup): 190 calories,
2 g sugars



5.

**SWAP THIS ...
NEWMAN'S OWN CREAMY
BALSAMIC DRESSING**

(1 tablespoon): 50 calories,
4 g sugars

...FOR THIS

**Newman's Own
Zesty Italian**

(1 tablespoon): 30 calories,
2 g sugars

6.

**SWAP THIS ...
BERTOLLI TOMATO &
BASIL SAUCE**

($\frac{1}{2}$ cup): 70 calories,
12 g sugars

...FOR THIS

**Victoria Premium
Marinara Sauce**

($\frac{1}{2}$ cup): 70 calories,
4 g sugars

