

<b>Sugar Substitutes</b>	
<b>Poor Food Choice</b>	<b>Healthier Substitute</b>
Candy	(see “Snacks” below)
Fiber/Protein/Energy Bars	<b>“Protein Bars”</b> by JulianBakery.com
Fruit juices	Water, seltzer, smoothies
Ice cream	Blend fresh pureed whole fruit with heavy cream or coconut cream and freeze it
Ketchup	Organic tomato paste and added herbs and spices
Milk chocolate bar	85% Dark chocolate: <b>“Alter Eco Dark Blackout”</b> , <b>“Theo Pure 85% Dark Chocolate”</b>
Popsicles	Frozen fresh pureed whole fruit
Snacks (sugary)	Raw nuts and seeds, dried figs, dates, fresh berries, organic beef/pork jerky with no added sugars, any vegetable that can be cut into pieces and put into a Zip Lock bag
Soda	Kombucha, seltzer, water (may add fresh squeezed lemon or lime)
Sweet treats	Raw fruit (unprocessed)
Table sugar	Organic whole-leaf stevia, Organic monk fruit (Luo Han Guo)
Trail mix	Raw nuts & seeds, organic raw cacao nibs, chopped figs and chopped dates

**Important Note:**

It is important to realize that parents set the stage for food choices. Providing healthy food choices to children earlier in life helps set the tone and instill healthy eating habits. “Substitution” is an approach after bad habits have been established. It is easier to set good habits at the start than to replace bad habits with good habits later on.