



## Prefer whole grain products

### Whole grain pasta 100 grams

contains 8,7 grams of fiber



### Whole grain bread 100 grams

contains 8,4 grams of fiber



### Whole grain rice 100 grams

contains 8,7 grams of fiber



## Avoid white grains

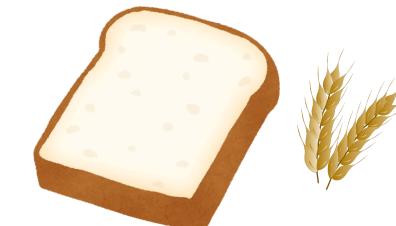
### Pasta 100 grams

contains 3,4 grams of fiber



### White bread 100 grams

contains 3,4 grams of fiber



### White rice 100 grams

contains 0 grams of fiber

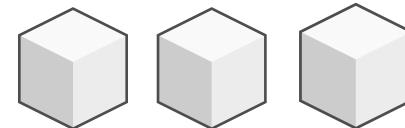




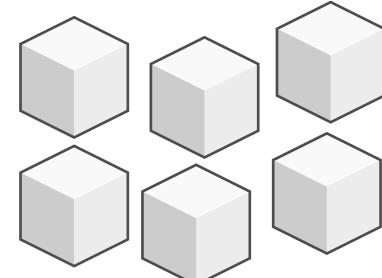
## Prefer fresh fruits



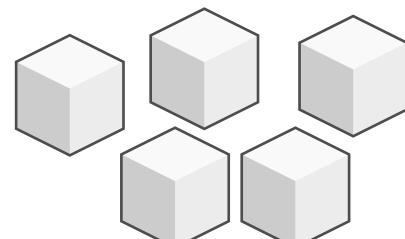
**Apple 100 grams**  
contains 3 sugar cubes



**Grapes 100 grams**  
contains 6 sugar cubes



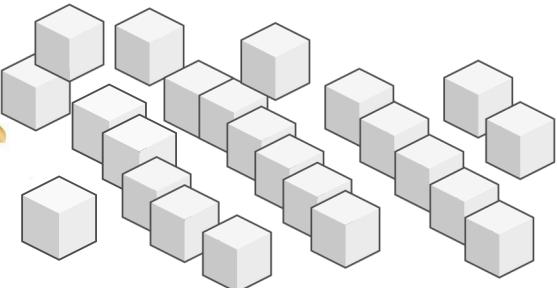
**Banana 100 grams**  
includes 5 sugar cubes



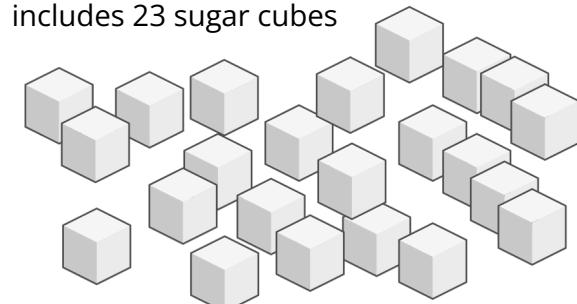
## Avoid dried fruits



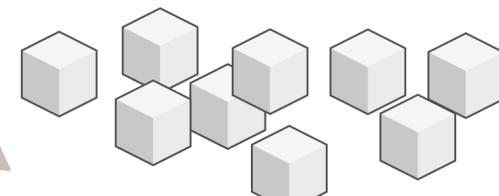
**Dried apple 100 grams**  
contains 23 sugar cubes



**Raisins 100 grams**  
includes 23 sugar cubes



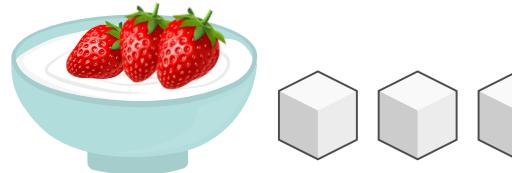
**Dried banana 100 grams**  
includes 9 sugar cubes





## Prefer these snacks

**Unsweetened plain yogurt 100 gram and  
frozen strawberries 15 grams**  
contains 2,5 sugar cubes



**Whole grain toast 42 grams and  
light margarin 10 grams**  
contains 0 sugar cubes  
0,7 spoons of fat  
3,7 grams of fiber

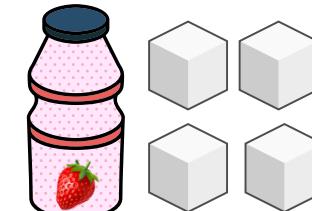


**Whole grain oat cereal 100 grams**  
contains 0 sugar cubes  
2 spoons of fat  
10 grams of fiber



## Avoid these snacks

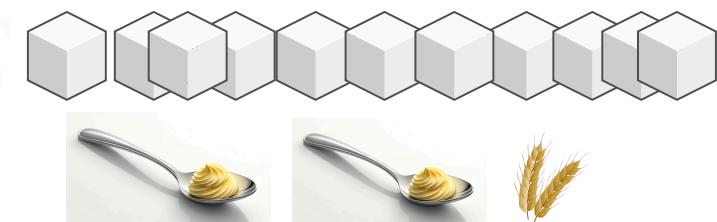
**Strawberry drinking yogurt 100 grams**  
contains 4 sugar cubes



**Croissant 45 grams**  
contains 1,5 sugar cubes  
1,5 spoons of fat  
0 grams of fiber



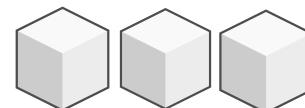
**Chocolate cereals 100 grams**  
contains 11 sugar cubes  
2 spoons of fat  
5 grams of fiber



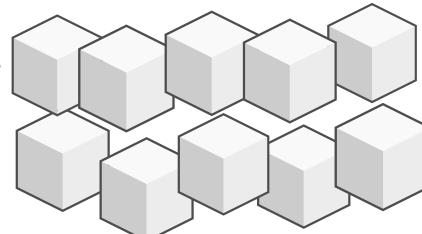
## Enjoy these only occasionally



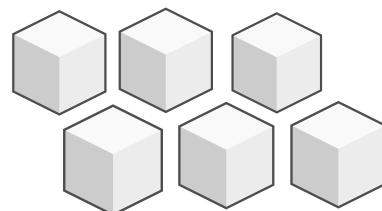
**Lollipop 10 grams**  
contains 3 sugar cubes



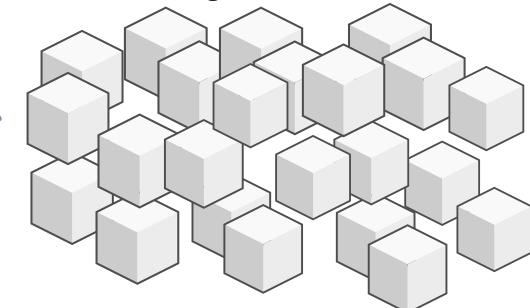
**Chocolate bar 50 grams**  
contains 10 sugar cubes



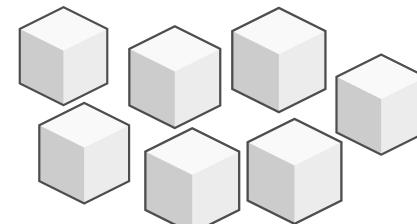
**Sugared juice 2 desilitres**  
contains 6 sugar cubes



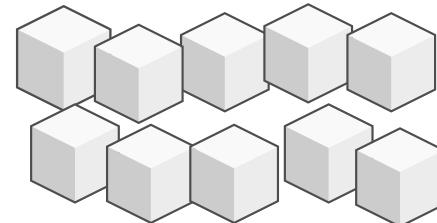
**Fruit candies 100 grams**  
contains 23 sugar cubes



**Chocolate pudding 125 grams**  
contains 7 sugar cubes



**Doughnut 100 grams**  
contains 10 sugar cubes





## Prefer these drinks

### Water as a thirst quencher

No sugar



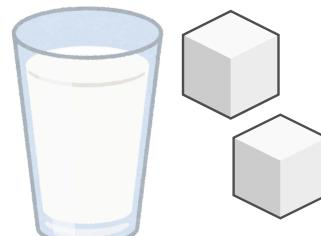
### Unflavored mineral water as a thirst quencher

No sugar



### Milk as a mealtime drink, 100 ml

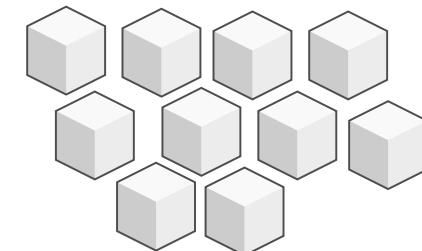
Contains 2 milk sugar cubes



## Avoid these sweet drinks

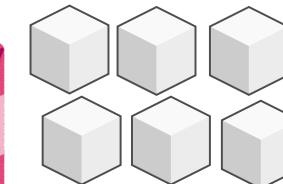
### Cocoa, 300 ml

Contains 10 sugar cubes



### Juice, 200 ml

Contains 6 sugar cubes



### Soda, 300 ml

Contains 13 sugar cubes

