

**Sugar  
Free**  
SEPTEMBER

# Tasty sugar-free swaps

- perfect for Sugar-Free September  
snack inspiration!

## Swap

*Fizzy drinks,  
fruit juices and  
smoothies*



*Water, milk, tea  
or coffee (made  
without sugar)*

*Cakes*



*Homemade muffins and cakes  
made with xylitol or a similar  
sugar substitute (see our recipe)*

*Sugary  
breakfast cereals*



*Porridge with  
fresh berries*

*Biscuits*



*Vegetable sticks, hummus, nuts,  
cheese, plain rice cakes, or whole  
pieces of fruit*

*Sweets and  
chocolates*



*Frozen blueberries,  
straight from  
the freezer*

*Desserts*



*Homemade sugar-free pancakes  
topped with fresh berries, banana,  
and a dollop of plain yoghurt*

*Shop-bought pasta  
sauces and soups  
containing sugar*



*Homemade pasta  
sauces and soups  
(see our recipe)*

*Ice creams  
and sorbets*



*Plain yoghurt  
and fresh fruit*



**Denplan**

At the heart of dental care