

# Stride Swaps

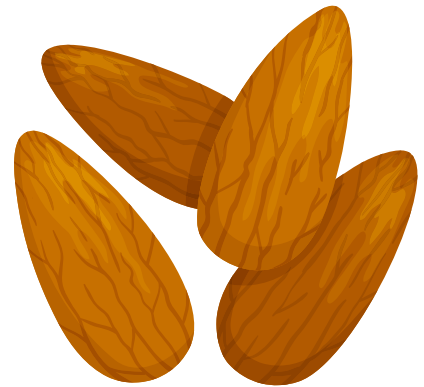
The University of Texas at Austin  
**TX STRIDE**  
Strength Through Resilience in Diabetes Education



Try flavored seltzer water instead of soda to decrease excess sugar and additives in your diet!

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Try nuts instead of croutons to add a protein-packed crunch to salads!



Try powdered cinnamon in coffee instead of sugar for a sweet but sugar free taste!

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Try a slice of whole-wheat toast with a low-fat spread instead of breakfast pastries!

