

# YOU ARE LOOKING



# AT THE WORLD'S SIMPLEST **DIET**

## STEP 1

Drink water instead of a sugary drink like soda, sweet tea or lemonade with lunch and dinner.

## STEP 2

Shop for new clothes.



LOSE WEIGHT.  
FEEL GREAT.

Find more ways to live the good life at [SugarFreeKidsMD.org](http://SugarFreeKidsMD.org)

SUGAR  
FREE  
**KIDS**  
MARYLAND