

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

SUGAR
FREE
KIDS
MARYLAND