

# Healthy Candy Jar

A candy jar without the candy!

- According to the AHA, children (ages 2-17) should have less than 25 grams or 6 teaspoons of added sugar a day
- However, on average the U.S. child consumes 3 times this amount (19 teaspoons) in added sugar a day!

## Swap out your candy jar for a quote jar!

- Using a mason jar or any glass jar or bowl, fill it up with colorful notes that all say something unique and special on the inside!

### Examples:

- "Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts." – Albert Einstein
- "You're braver than you believe, and stronger than you seem, and smarter than you think." – A.A. Milne/Christopher Robin

### Or try something simpler:

- You are so loved!
- Your smile is so cute!
- Another alternative could be to have a "Truth or Dare" candy jar!
  - Truth: A fun quote/saying/question
  - Dare: A friendly dare such as: "I dare you to give five people a compliment today"



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