










Cut Sugar in 10 Steps Without Giving Up Sweetness

jamiemckaganfitness.co.uk



Cut Sugar in 10 Steps Without Giving Up Sweetness

-  **Identify hidden sugars:** Start by reading food labels and ingredient lists to identify hidden sugars in your favourite products.
-  **Replace refined sugars with natural sweeteners:** Use honey, maple syrup, date syrup, agave nectar, or stevia as healthier alternatives to white sugar in your recipes.
-  **Reduce portion sizes:** Reducing portions can help limit sugar intake without sacrificing taste.
-  **Go fruity:** Choose whole fruits over fruit juices and dried fruits, as they contain less sugar and more fibre.
-  **Opt for unsweetened alternatives:** Look for unsweetened milk, yogurt, non-dairy milk and non-dairy yogurt (almond milk, soy milk, or coconut yogurt) and other staples to avoid added sugars.
-  **Snack on nuts and seeds:** Reach for unsweetened nuts and seeds instead of sugary snacks for a satisfying, low-sugar treat.
-  **Get creative with spices:** Use cinnamon, nutmeg, and other spices to enhance the natural sweetness of foods without adding sugar.
-  **Limit processed foods:** Stick to whole, unprocessed foods as much as possible since they have less added sugar.
-  **Start with small changes:** Gradually reduce the amount of sugar in your recipes and adapt your taste buds to enjoy less sweetened foods.
-  **Plan your meals:** Plan your weekly meals and snacks, so you're less likely to reach for sugary options on the go.