

FOOD & MOOD

COACHING

SWAP THIS

Refined sugar

FOR THIS

Raw honey, natural maple syrup, stevia

REASON

Refined sugars, compared to natural sugars, are easily digested, which can cause a quick rise in blood sugar and insulin levels. Stevia is a good sugar alternative.

White rice / basmati rice

Brown/wild/black rice

White rice has a high glycaemic load and contains less fibre and nutrients than brown, black or wild rices.

These rices are slow releasing carbs (low glycaemic index) and have a low glycaemic load, meaning they have less impact on raising blood sugar and insulin levels.

Margarine

Organic, free range butter, nut spreads, avocado, olive oil

Margarine typically contains hydrogenated or trans fats while organic butter and nut spreads have natural saturated and unsaturated fats, which are the healthier form of fatty acids.

Biscuits, pastries, pies and cakes

Bliss balls, protein bars

Biscuits and cakes contain a lot of refined sugar and hydrogenated (trans) fats, which should be avoided or reduced.

Packed fruit juices

Infused water, cold pressed vegetable juice

Infused water contains less sugar and calories (kilojoules) than their fruit juice counterparts. This is a good option to keep you more hydrated and reduce the cravings for sweets.

Sugary soft drinks / sodas

Sparkling water, infused waters, kombucha

Ditch your sugar laden sodas for some sparkling water, infused water or kombucha to ditch the calories (kilojoules) and extra sugar. Kombucha is a good source of probiotics and antioxidants.

Mayonnaise-based salad dressings

Olive or avocado oil and vinegar-based dressings (ideally homemade)

Off the shelf mayonnaise and dressings are heavily processed and contain hydrogenated (trans) fats. It's best to opt for one of the alternative options.

Dried fruit

Fresh fruit

Dried fruits have a higher glycaemic index and glycaemic load compared to fresh fruits. Always make sure to control your intake of dried fruit.



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SWAP THIS

Microwaved popcorn

FOR THIS

Air popped popcorn

REASON

Go for the air popped popcorn as it is higher in fibre content, contains less trans fat and fewer calories. It's more versatile too so you can put on a dash of salt, cayenne pepper, herbs, cinnamon or even cocoa.

White pasta

Wholewheat/rice/
veggie pasta

Whole wheat pasta contains more fibre and has a lower glycaemic load than white pasta. Veggie pastas such as lentil, chickpea or buckwheat pasta have low glycaemic load and for those that are sensitive to gluten they are a better choice for digestive and immune health.

White bread

Sourdough/ wholegrain
breads and unpolished
grains

White bread from refined white flour is heavily processed and refined, left with little fibre and a high glycaemic load. There is very little nutritional value remaining after the processing, and mass-produced factory-made bread may contain additives and preservatives.

Commercial potato
chips / corn chips

Homemade veggie chips
or plain rice crackers

Commercial chips are high in sodium and hydrogenated and overall fat, and often contain artificial flavourings including monosodium glutamate (MSG).

Iced teas / milk teas

Herbal teas such as
green tea, peppermint,
camomile, nettle
and fennel

Iced and milk teas are overloaded with sugars. Natural teas offer antioxidants, no calories/kilojoules, better sleep and helps you to relax.

Dairy milk

Plant based milk

People who may be lactose intolerant and sensitive to dairy products can go for plant-based milks such as soy, almond and rice and oat milk (note, oat milk may contain traces of gluten).

Ice cream / frozen
desserts / frozen
yoghurt

Plain Greek yoghurt,
natural fruit ice blocks
e.g., Proud Punch

Commercial ice-creams, frozen desserts and frozen yogurt are typically high in sugar and highly processed with additives and filler ingredients.

