

Tips to avoid sugar and sugar substitutes

Sweet drink that contain sugar and artificial sweeteners have been associated with poor cardiovascular health outcomes. Therefore, it is important to limit the consumption of sugar and artificial sweeteners to the barest minimum. This is not an easy feat to attain. This is because sugars and sweeteners may be present in foods that are not sweet. Example some barbecue sauces contain syrup or honey.

Here are some tips that might help:

- ❖ Replace recipes that will require sugar or sweetener with savory options. For example, instead of having oats porridge for breakfast, this can be replaced with vegetables or stir fries etc.
- ❖ Replace sugars with fruits when preparing food. For example, instead of using sugar in a pancake, use banana or berries
- ❖ Drink more water
- ❖ Drink good, plain and old coffee instead of latte or cappuccino