



# Cut Sugar in 10 Steps Without Giving Up Sweetness

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# Looking to cut back on sugar? You're not alone.

A report from the National Health and Nutrition Examination Survey (NHANES) revealed that, between 2015 and 2018, American adults consumed an average of 239 calories per day from added sugars, exceeding the American Heart Association's recommended daily limit of 100 calories for women and 150 calories for men.

Reducing your sugar intake doesn't have to be complicated. By following this 10-step quick-start checklist, you'll be well on your way to a healthier, low-sugar lifestyle.

Small changes can make a big difference in your overall health and well-being.

Let's get started!

Source: <https://www.cdc.gov/nchs/products/databriefs/db397.htm>

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- 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.