

10 Steps To Cutting Back Added Sugar

1. Read your packaging

Adults should have no more than 30g of free sugars a day, (roughly equivalent to 7 sugar cubes).

Children aged 7 to 10 should have no more than 24g of free sugars a day (6 sugar cubes).

Children aged 4 to 6 should have no more than 19g of free sugars a day (5 sugar cubes).



2. Eat more whole natural form food

Food to its closest form - not been processed, no added sugar, no added salt, fresh & colourful

3. Don't drink your calories

Remove or cut down on milk shakes, pop, coffees, alcohol

4. Natural sweeteners

Instead of white processed sugar try sweetener, honey,

5. Eat more protein

15-20g of lean protein per day

6. Eat more healthy fats

Whole food fats, nuts, seeds, less oils this will help stabilise your blood sugar levels which in return will support your energy & mood

7. Remove temptation

Have a clear out!

8. Low sugar snacks

Be prepared - have your fridge full of prepared food ready to snack on - try frozen grapes & frozen bananas

9. Don't use sugar to relieve stress

Easier said than done! But honestly challenge your thoughts when you come to grab a bar of chocolate - "do i really want this?" "do i want to feel sluggish, yuk after eating it" try going for a fresher alternative

10. Be kind to your mind & body

It says it on the tin! Not sure how to do this?! Please pop me a message and this talk!

"Eat less sugar - you're sweet enough!"