5 Simple ways to reduce sugar consumption

1. Replacing processed sugar with more natural sugars such as honey, when baking or cooking. Although it is sugar, honey still

contains

1. Introducing whole wheat pasta and brown rice will help to maintain your blood sugar levels and reduce the ‘sugar cravings’ that follow the consumption of processed white pasta.

3 – Replacing sugary treats with fruits, will not only reduce your sugar cravings but will also increase your intake of fiber (helps to reduce cholesterol) and vitamins in minerals.

4- Increase your intake of healthy fats such as avocado, nuts and seeds, as they help to keep you fuller for longer.

5 – Drinking more water, allows the body to flush out toxins, keeps you hydrated and can help curb those sugar cravings.