

HEALTHY EATING

SCRAP THE SUGAR OR AT LEAST SOME OF IT

Eating and drinking less sugar is generally known to be better for you, but what will it really do for you? **You will have more energy over longer periods and avoid sugar crashes.** It will also help you keep a healthy body weight, reduce tiredness and lower the risk of disease.



Try some of the following ideas to help reduce the sugar you eat or drink this week:

1. Check nutrition labels to help you avoid foods high in added sugar. If sugar, glucose, honey, corn syrup, fructose, maltose or dextrose are listed, sugar has been added. If you see one of these near the top of the list, you know the product is high in added sugar.
2. Drink water or unsweetened fruit juice instead of soft drinks and juice drinks. Try diluting fruit juice with sparkling water if you find it hard to give up soft drinks.
3. Gradually reduce the amount of sugar you take in your coffee or tea.
4. Have a piece of fruit when you're craving something sweet.
5. Try popcorn instead of pastries as a snack.
6. Change your routine with dessert and only have it once a week. Break up the week by having the middle of your week be dessert night.
7. Try eating a piece of fruit instead of dessert.
8. Choose whole grain breakfast cereals that are not coated with sugar or honey. If you find it hard to get used to the new taste, try sprinkling a little bit of sugary cereal on top of your healthier option at first. Then use a little less each day.
9. Have a slice of melon or fresh berries with a low-fat yogurt instead of cookies for a mid-afternoon snack.
10. Limit how often you eat processed foods.

TAKE CARE
OF YOUR
EQUIPMENT