

WOW

Workplace & Organization Wellness

Practical Ways to Reduce Sugar Intake

Sugar is naturally present in some whole foods in acceptable amounts. However, sweetening foods with refined sugar can lead to excess intake and makes it difficult to manage body weight and diseases like Diabetes.

Here are some practical tips for cutting back sugar in the diet:

- Swap out soft drinks and energy drinks for plain, fruit infused or soda water.
- Control sugar intake, limit smoothies and juices to one 4oz. serving daily.
- Top cereal with fruit instead of sugar.
- Choose canned fruit packed in natural juice or water, instead of syrup.
- Substitute sugar in recipes with applesauce or dried fruit and enhance the flavour with spices like cinnamon or nutmeg rather than adding extra sugar.



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