Rec Tip of the Week

10 ways to slash sugar from your diet from Foxnews.com

1. Read Food Labels: once you realize how many packaged foods include added sugar you will be more aware of things to avoid while shopping.

2. Learn sugar's aliases: sugar has many different names and can seem to be missing from foods until you realize it is just under one of it’s different names. If you see high fructose corn syrup, dried cane syrup, invert sugar, molasses, sucrose or any word ending in ose, brown sugar syrup, honey and maple syrup.

3. Buy unsweetened: look for labels that include “no sugar added” or “unsweetened” to avoid added sugars in your foods.

4. Don’t go cold turkey: cutting back slowly on sugar is the key to success when cutting out sugar. If you usually use 2 packet of sugar in your coffee try going with just one for a week, then a half, and finally only adding a little milk.

5. Think protein and fat: pair fats and protein with you carbs as they will help keep you fuller longer and result in a decrease in your sugar cravings.

6. Never go fake: when reducing your sugar intake resist reaching for the articial sugars to make up for the lack of real sugar. These sweeteners have been known to drive the craving for sweets even higher. This is because you body gets that “sweet” signal but does not receive any of the calories or nutrition and is left lacking and thus wanting more.

7. Add more flavor: use more spices, and vanilla extract to add sweetness to foods without the sugar. Flavoring with unsweetened cocoa powder, vanilla, cinnamon, nutmeg and ginger can add great flavor to those “sweet treats” without the calories and sugar.

8. Don’t drink it: avoid soda and other sugar packed drinks is a great way to cut out a lot of sugar. Other drinks high in sugar include: “enhanced” waters, bottled ice tea, sports drinks, juice and coffee drinks.

9. Enjoy dessert: You can still indulge in an occasional dessert after deciding to slash sugar. By cutting out sugar in other daily sources like cereals, sauces and breads you can afford to indulge once in a while. Such as only after dinner on weekends, or at restaurants as a special treat.

10. Stick with it: it may seem like a really hard goal to maintain but eventually your taste buds can adjust and super sweet foods will start to taste too sweet.