

# 5 top ways to curb a *Sugar Craving!*



Sugar seems to be receiving some 'bad press' at the moment, especially the amount that is found in the popular snacks and drinks that we and our children eat. If all the attention has left you feeling a little 'sticky' about enjoying it, or if you are one of the many people who have strong sugar cravings, the following dietitian tips might just help you....

## 1. *Fruit*

Despite the 'hype' about fruit sugar, pieces of fruit contain far less sugar than shop bought cakes, biscuits and fizzy sweetened drinks. They have the added bonus of fibre and vitamins too. So go on....enjoy it in moderation – up to 2-3 pieces every day! Here are a few tips to help you....

- Choose fruit with lower sugar content – watermelon, kiwi fruits, raspberries and cranberries are great examples.
- Chocolate dipped - melt a little of your favourite chocolate and dip your favourite fruit pieces into this as a special treat. Roll in chopped nuts and leave to set.
- Fruit Smoothies – make sure you limit these to only once a day and about 150ml - puree your favourite fruit with a little low fat natural yoghurt and semi skimmed milk for additional calcium
- Don't let your fruit become too ripe – eat it as fresh as possible as it tends to have less natural sugars that way..

**2. *Popcorn*** – try a homemade healthier alternative to the shop bought variety. Pop your popcorn (great fun) and then dust with a little coco or low calorie hot chocolate powder. Not quite sweet enough? Melt about 1 tablespoon of chocolate spread in a tub with a lid. Add lots of popcorn and then toss and shake the tub with the lid on for a light coating that is sure to satisfy you!

**3. *Hot chocolate-*** make sure you choose one that is low in both fat and sugar. Make up a nice drink either with water and using semi skimmed milk, sprinkle with chocolate shavings and crush a craving instantly!

**4. *Dips and drops*** – Try mixing some low fat crème fraise or Greek yoghurt with low calorie hot chocolate powder, dip your favourite fruit pieces. Yoghurt also freezes really well – mix some soft fruit - raspberries, apricots or blueberries into low fat yoghurt and a touch of artificial sweetener. Use a teaspoon to drop them onto a baking tray lined with greaseproof paper. Freeze the drops until solid. Scoop them up, place in a bag and leave in the freezer until you are ready for a little sweet treat!

**5. *Go nuts!*** – Some people worry about the energy content of nuts as they are a natural source of fat. The good news is that the fats in nuts is healthier for us than most, so provided we eat them in moderation, they are a great alternative to some of the sugary and sweet snacks we are often tempted with. Try mixing your favourite nuts with dried fruit like raisins, cranberries and dates. Throw in a few chocolate drops to make them extra special.