

Download Sugar Free How To Lower Your Sugar Consumption Create A Healthy Lifestyle

Instead of adding sugar to sweeten oatmeal or cereal, top your bowl with your favorite fruit. Opt for low-calorie or sugar-free drinks instead of sugar-sweetened beverages. Better yet, drink water (plain or sparkling). Enjoy fruit for dessert instead of cookies or pastries. Cut the amount of sugar you use in recipes for cakes and cookies, or switch out sugar completely by using unsweetened applesauce. A Step-By-Step Program To Get You Off Sugar Forever. You Will Be Able To Live A Healthy Lifestyle. Delicious Smoothies, Breakfast, Lunch & Dinner Recipes Included To Get You Going. While going sugar-free may seem intimidating, you can successfully maintain a healthy diet void of added sugars by making small changes over time. Your taste buds and body will adapt to the reduced sugar consumption and your cravings for sweets will reduce. For me it was stevia right away as it is a natural growing plant in South America, with sweetness like sugar, but completely sugar free and doesn't raise your blood sugar and zero calories. You can read more about stevia here and why I use it. 1. Choose Your Natural Sugars and Sugar-Free substitutes. You must first decide which natural sugars you will consume and which you won't. Decide what you will allow in your home for your family and stick with it.