

Increasingly, the media and government are becoming concerned about our excessive consumption of sugar. Is this something which affects you?

THE WHITE STUFF



Do you need something sweet to kick into action most mornings? Are you reaching for a sugary snack late afternoon? Is a lack of energy affecting your life? - Is your weight becoming an increasing concern?

The impact sugar can have on our health is extensive, so how can we avoid falling into the trap of sugar treats? I have devised 7 steps that you can adopt today to balance your blood sugar levels.

1 Aim to eat 3 meals and 2 snacks per day – which consist of mainly complex carbohydrates e.g. beans, lentils, beans, wholegrain, vegetables, nuts, seeds.

2 Drink plenty of filtered water!

3 It's not always time for tea – replace caffeinated drinks mainly with water and the odd herbal tea.

4 Stop snacking – once you have cut out the caffeine, stick with 3 meals a day, this will sustain you and keep your body balanced.

5 Stop being so simple – avoid refined carbohydrates such as white sugar and refined cereals. Remember, refined foods are simple, simple for our body to convert to fat!

6 Be more green – supermarkets now sell a raft of leafy vegetables which are bursting with vitamins and minerals, which is ideal to aid your health.

7 Bring me the protein – to reduce your hunger, increase your intake of protein which can come from sources other than meat, such as eggs, quinoa, beans and salmon, trout, hummus/chickpeas, baked beans.

In addition, eat plenty of butternut squash, carrots, swedes, beetroot, sweet potatoes, asparagus, aubergines, broccoli, Brussel sprouts, cabbage, celery, courgettes, cucumber, fennel, garlic, kale, lettuce, mangetouts, mushrooms, onions.

Looking for a more tailored plan? As a trained allergy and nutritional therapist, Angharad Evans can offer you a bespoke plan to aid you in adopting a healthier diet. To discuss this further please get in touch: www.angharadevans.cymru, 07739210291 or evansangharad@icloud.com



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 AngharadsNaturalTherapy

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