

It can be tempting at times to overindulge in tasty treats. Moderation is key and we must be mindful that overconsumption of foods high in fats, sugar and salt/sodium can lead to obesity which increases the risk of developing chronic non-communicable diseases such as Heart Disease, Diabetes, Hypertension, High Cholesterol, and other health complications.

When making food choices, we should remember to consider vitamins and minerals. Why? Because most processed and ultra-processed products often provide most of their calories only from sugar and fat, and provide just a few (if any) vitamins and minerals.

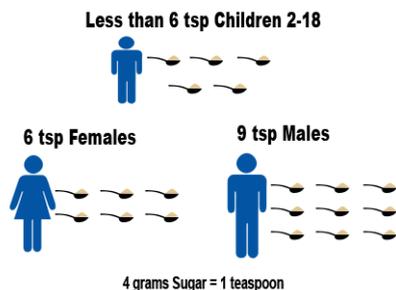
When grocery shopping, practice to read nutrition facts on processed and ultra-processed products to know how much sugar is contained in them. An easier way for us to understand this information is for the government to implement the High In black octagon warning label so that at a glance, you will know if this product is right for you.



### Sugar

Sugar...that sweet thing we just cannot get over. Are you aware that too much sugar can increase your risk of Diabetes and cause damage to organs such as the liver? If not, then now is the time to know. Excessive sugar intake, especially in liquid form, is harmful to the body.

### Recommended Daily Allowance:



This may cause increased acne, risk of heart disease and fatigue. Not only this, but it can lead to overweight and obesity because when the liver is unable to process and release all of the sugar consumed, that excess is stored as fat in the body.

Below are a few high sugar treats that you might want to consider swapping out with healthier options:

High Sugar Foods	Alternative
Cakes, doughnuts, tarts and other pastries	Fruit and/or vegetable salads; raisin toast (wheat/whole grain)
Soda	Freshly squeezed/blended fruit and/or vegetable juices with no added sugar; Infused water with citrus, fruits or herbs
Ice cream	Frozen fruits; Natural blended fruit smoothie or fruit sorbet
Bag Juice, Popsicles and freeze pops	Frozen fruits; homemade frozen fruit pops
Sweets/candy	Dried fruits; fresh fruit dices or slices
Milkshakes	Blended fruit smoothies with low fat or skimmed milk
Some cereal/granola bars	Homemade trail mix
Breakfast cereals	Whole grain cereals with no added sugar e.g. plain cornflakes
Canned baked beans and other beans	Dried peas and beans; Drained and washed beans
BBQ Sauce and Ketchup	Mustard; tomato paste
White rice, pasta and breads	Brown rice, quinoa, barley or homemade cauliflower rice, whole grain pasta and bread or whole wheat wrap
Kids Juice Box	Freshly squeezed or blended fruit juice with no added sugar
Cookies and sweet biscuits	Low sugar or homemade with whole wheat flour or oatmeal

High Sugar Foods	Alternative
Ketchup or jarred tomato sauce	Fresh tomato sauce; mustard; freshly diced tomatoes, low sodium tomato sauce
Alcohol	Red wine
Whole or full cream milk	Almond or soy milk, oat milk, low-fat milk (1% milk)
Milk chocolate,	Dark chocolate; Strawberry or other fruit dipped in dark chocolate
White spaghetti, fettucine and lasagna noodles	Zucchini or squash ribbons or strips. (Use a mandolin, knife or peeler)
Tacos	Lettuce leaves or whole grain wrap
Chocolate chips	Dried fruit
Heavy cream	Coconut milk (fresh not canned)
Sugar	Raw honey (in small amounts as honey has fewer calories but is sweeter)



# Hearty SWAPS to reduce SUGAR

1. Harvard Health Publishing. (2017). *The sweet danger of sugar*. Retrieved from <https://www.health.harvard.edu/heart-health/the-sweet-danger-of-sugar>



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