

Eating For A Better You

Making healthy substitutions for the unhealthy foods in your life is a simple way to improve your diet and enhance your health!

Refined Grains - Whole Grains

Refined grains include things like white rice, white bread, regular pasta, and also many breakfast cereals and baked treats. The problem with refined grains is that they are digested quickly into simple sugars and absorbed into the bloodstream. This will likely cause your blood sugar levels to spike temporarily and then crash back down. When this happens your energy levels and your mood will become quite inconsistent!



Whole grains do not lose their most nutritious components during the manufacturing process, and this means they have a more concentrated amount of fibre, vitamins, minerals and antioxidants! Whole grain foods are broken down much slower, meaning they will keep your blood sugar levels steady, and can keep you energised for hours.

Swapping the refined grain foods in your diet for whole grain versions is a great way to eat for a better you!

Can you identify three refined grain foods that you eat which you could swap for whole grain foods?

- 1)
- 2)
- 3)

Sugar - Natural Sweeteners

Refined sugar causes chaos in your body! It contains absolutely no nutrients, is damaging to your teeth, can negatively affect your metabolism and is super high in fructose - which can be very detrimental to your liver! Add to this that sugar can lead to obesity, can disrupt your hormones and can also increase your risk of developing cancer.

Going sugar free is a great way to boost your health, but as we all know - it's not always so simple to say no to something sweet. This is why replacing sugar with small amounts of natural sweeteners is a great idea. My favourites are stevia, raw honey, coconut sugar, maple syrup and dates!

Can you identify three foods in your diet that are high in refined sugars?

- 1)
- 2)
- 3)

