

Your dilemmas

Our team of experts answer your
fitness, food and physio questions

NUTRITION



**ALICE
MACKINTOSH**
Nutritional
therapist
at The Food
Doctor Clinic

SUGAR RUSH

I have a sweet tooth, but want to cut the junk. What can I have instead?

Mandy, Edinburgh

Alice says: It's OK to have sweet foods now and then, but you should aim to choose foods that are naturally sweet, such as fresh fruit, rather than those containing added sugars such as high-fructose corn syrup. The key is to ensure that the sweet foods you choose don't shoot your blood sugar up too much because this can lead to further sugar cravings. Remember to always combine them with protein – so have a piece of fruit with a yogurt or make a fruit smoothie with a dessert spoon of almond butter. Nut and seed bars are also great – they contain

protein,
as well as
healthy
fats and
fibre for
slow-release energy.



To make an appointment with Alice, call 020-7792 6720

poor publication print quality

