



Dear team sugar-free,

You've made it to week two! By now, we're sure your kitchen is on its way to being full of fresh, whole foods free of added sugars, and you've hopefully been inspired by the meal plans and recipes in the *Sugar-free revolution* guide book.

But what about snack time?

We often associate snacks with something overly sweet, like a muffin or chocolate bar, or salty, such as chips. But apart from an enjoyable break to your busy day, snacks are often your body's way of signalling that your blood sugar levels are low, you're dehydrated or [you could be feeling snacky out of pure boredom or habit.](#)

But each small snack you indulge in adds up, for example one 50g Cadbury Dairy Milk bar contains 28g of sugar, which is more than half your entire daily recommendation, as set by the World Health Organization.

Hack your snacks

We've put together some sugar-free snack suggestions below. Each includes either an element of protein, healthy fats or fibre to keep you fuller for longer. Download the full [guide](#) here.



1x apple (sliced) with nut butter and cinnamon
0g added sugar
19g sugar | 244 cal



1x banana and 1 handful of walnuts
0g added sugar
13g sugar | 301 cal



250mL skim or soy milk + berries + chia seeds
0g added sugar
19g sugar | 244 cal



1x Chobani yoghurt tub with frozen berries
0g added sugar
4g sugar | 125 cal



1x 95g tinned tuna/salmon (in olive oil, drained) with avocado and 2x rice cakes
0g added sugar
19g sugar | 244 cal

Sugar quantities derived from package labelling or are approximate values from Xyris FoodWorks software. Added sugars include sugars that have been added during the processing of food.

Are you drinking your sugar?

Snacks aside, have you thought about how much sugar is in the beverages you're drinking? A 375ml can of Coca Cola, for instance, contains almost 10 teaspoons. Meanwhile that "healthy" orange juice you and the kids have over breakfast has about six teaspoons of sugar, without all the gut-healthy fibre you get from eating the whole fruit. While water is always the best option, simple changes to your drink of choice could go a long way to reducing your sugar intake.

Check out our lower-sugar alternatives to some common store-bought drinks then click [here](#) for even more options.

 Boost All Berry Bang Medium 450ml Kilojoules: 1110kj Sugar: 49.5g	→ SAVE 6.5 TSP OF SUGAR	 Boost Wondermelon Smoothie Medium 450ml Kilojoules: 447kj Sugar: 21g
 Bundaberg Ginger Beer 375ml Kilojoules: 682kj Sugar: 40g	→ SAVE 9.5 TSP OF SUGAR	 Remedy Ginger Lemon Kombucha 250ml Kilojoules: 30kj Sugar: 0g
 Starbucks Tall White Chocolate Mocha 354ml Kilojoules: 1516kj Sugar: 43g	→ SAVE 8 TSP OF SUGAR	 Starbucks Tall Cappuccino 354ml Kilojoules: 454kj Sugar: 8g
 Gin and tonic 375ml Kilojoules: 916kj Sugar: 32g	→ SAVE 7.5 TSP OF SUGAR	 Vodka, lime, soda 350ml Kilojoules: 280kj Sugar: 0g

Shop to it

For more savvy suggestions, read [our article](#), which is packed with useful tips and advice for your next trip to the shops, as well as some more low-sugar alternatives to common everyday items, like cereal and yoghurt.

Your challenge this week

- ✓ Download your handy [Simple swaps guide](#)
- ✓ Test your sugar knowledge so far by taking this [fun online quiz!](#)

This week's mini challenge

Try one of our tasty sugar-free salad dressings or sauces.

Download
the recipes here



Coming up...

We hope you enjoyed learning about the amounts of sugar in your everyday food items and discovering some alternatives to your favourites. Next week, we're tackling how to curb those nagging cravings that crop up, and exploring how mindful eating can be a powerful tool to help break the cycle of habitual snacking and overindulging.

Wishing you sweet nothings,

Team CBHS

Sources:

<https://www.cbhs.com.au/mind-and-body/blog/curb-your-cravings-how-to-resist-those-snack-temptations>

<https://www.cbhs.com.au/mind-and-body/blog/shopping-for-a-low-sugar-diet>

<https://www.abc.net.au/news/2016-03-18/quiz-what-does-six-teaspoons-of-sugar-look-like/7086790>

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