NOTE TO SEAFARERS: Take care when exercising and work within your limits. If you’re unsure, please seek medical advice before attempting any of the exercises in this newsletter.
TOP TIPS FOR CUTTING DOWN ON SUGAR

Thinking about reducing your sugar intake? Removing sugar from your diet can help boost your mood and jumpstart your weight loss, especially when it comes to losing stubborn belly fat.

Here are some simple ways you can eat less sugar on board:

- **Try halving the amount of sugar** you put in things you eat and drink regularly, like coffee, tea and cereal, then reduce it bit-by-bit from there.
- **Instead of adding sugar to things like porridge and yoghurt**, add **fresh or dried fruit** for natural sweetness.
- **Avoid condiments which contain a lot of sugar** like ketchup, pickles, sweet chilli sauce and salad dressing and use alternatives like plain mustard instead of pickles, olive oil and balsamic vinegar or a squeeze of lemon on salad.
- **Drink water** instead of sugary fizzy drinks and fruit juice – you can make it more interesting by adding slices of fresh fruit like lemon or orange.
- **Prepare for your next voyage by packing non-sugar snacks** like plain nuts and dried fruit.

**HOW TO... TACKLE SUGAR CRAVINGS**

It’s not easy to give up sugar, and the abundance of chocolate and sweet treats available around Easter can make it even harder to resist!

Here are some tips for satisfying your sugar cravings:

- **EAT REGULARLY** to keep your blood sugar level steady throughout the day. It’s important not to get too hungry between meals so you don’t search for a quick sugar fix. Make sure your meals contain a healthy mix of protein and fibre to keep you full and satisfied.
- **GO NATURAL** Satisfy your sweet tooth with naturally sweet foods like berries, apples, carrots and sweet potatoes. These are packed with fibre so the sugar gets absorbed into your bloodstream slowly, avoiding the sugar high and crash that leaves you craving more sugar.
- **DON’T SKIP ON SLEEP** When you’re sleep-deprived, your body produces more of the ‘hunger hormone’ called ghrelin and you’re also more likely to crave caffeinated sugary drinks.

Want to be featured in this newsletter and on our website? Any ideas, photos or stories you’d like to share? E-mail us at photos@iswan.org.uk

Sources:
- Top tips for cutting down on sugar / How to... tackle sugar cravings: [blog.myfitnesspal.com/5-ways-satisfy-sugar-cravings](http://blog.myfitnesspal.com/5-ways-satisfy-sugar-cravings) & [www.actiononsugar.org](http://www.actiononsugar.org)