

MIND
your
BODY

Sugar detox: 5 things to do

If you have stuffed yourself with Christmas goodies, there is always "sugar detox" of sorts. Mind Your Body asks dietitians what you can do to make up for over-indulging in sweet treats over the festive period.

1 Drink more water

It is important to increase your fluid intake if you have been eating more than usual during the festive period. Water helps to fill the space in your stomach and it is also needed to improve bowel movement.

Ms Jaclyn Reutens, a dietitian at Aptima Nutrition & Sports Consultants, said you should stick to drinking only water and calorie-free drinks like sugar-free and milk-free tea or coffee and diet drinks.

2 Fruit for dessert

Skip desserts covered in chocolate, whipped cream, icing, honey, caramel or toffee. If you must round off your meal with something sweet, go for fresh fruit.

Mr Derrick Ong, a dietitian at the department of dietetics and nutrition services at Singapore General Hospital, said that fruit contain fructose and glucose, which contribute to their sweet taste. They also provide vitamins, minerals and fibre.

3 Limit carbohydrate intake

You do not have to eliminate carbohydrates from your diet but you should definitely cut it down. Ms Reutens suggested eating only 100 to 200g of carbohydrates per day, depending on your body weight.

4 Stop snacking

Keep the munchies away by eating several small meals or three square meals every day. Ignore the siren call of leftover festive goodies as they are a big cause of holiday weight gain.

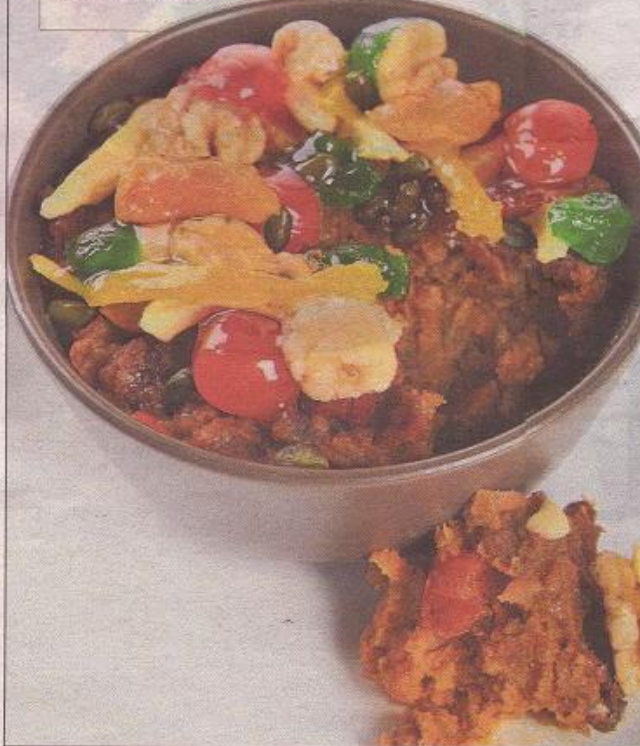
5 Burn off the calories

Ms Pauline Chan, a dietitian at The Nutrition Place, said: "Simply exercise more to burn off excess calories and watch what you eat after that. "By eating less calories or using up more calories, you can prevent unnecessary weight gain."

CHRISTMAS PUDDING (100g serving)

Sugar: 44.4g

Calories: 285kcal



GLAZED HONEY BAKED HAM (1 slice, 90g)

Sugar: 2g

Calories: 125kcal



MINCE PIES (1 piece, 165g)

Sugar: 46.71g

Calories: 477kcal



ST PHOTOS: ASHLEIGH SIM;
CHRISTMAS PUDDING, HAM,
MINCE PIE COURTESY
OF PAN PACIFIC SINGAPORE