 THAT SUGAR WRAP

A weekly summary of our most popular articles, recipes, follower feedback plus campaign and education updates.

LATE NIGHT MUNCHIES – WHY THE SNACKING?

Find yourself reaching into the fridge for a snack after dinner? Let’s take a look at some of the reasons behind the evening snack-a-thon.

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SUPERCHARGE OUR LITTLE SUPERHEROES

Meal replacements - are they as effective as they seem, and are the companies behind the weight loss products really out to help us?

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CAULIFLOWER, KALE AND POMEGRANATE SALAD.

This moorish and lightly spiced number will be your new favourite.

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FEED YOUR BRAIN

USE FOOD AS MEDICINE TO BOOST MEMORY, MOOD AND COGNITION!

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THAT SUGAR FILM
Connect with us to get the latest low sugar and sugar smart recipes, tips and tricks, news, and conversation with like-minded people around the world.