



Tips to Reduce Added Sugars

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Last month I wrote about limiting added sugars in your diet (if you missed it, check out my past articles at Humboldthospital.org/services/dietitian) for heart health. Finding a healthier way to satisfy a sweet tooth is something I get asked frequently. Fruit is always one of my go-to answers. The natural sugars in fruit add sweetness without any added sugars. Fruit, fresh, dried, canned, or frozen, can be eaten plain or added to a typical dessert to reduce added sugars and ramp up the nutrients and fiber!

I'm sharing a recipe that features pears as the star of the dessert. Pears are an excellent source of fiber with 6g in each medium sized fruit and a good source of vitamin C. The pears are poached (fancy word for simmered) in 100% juice with spices which all add flavor without added sugars. A few tips if you don't know your way around a fresh pair, when shopping for them, gently press a finger by the stem of the pear to check for ripeness. A ripe pear will give slightly under pressure. Store unripe pears in a brown paper bag on the counter checking each day for ripeness. Ripe pears can be stored in the fridge to help them last longer.

Poached Pears

Serves 4

Ingredients:

1 cup 100% orange juice

¼ cup 100% apple juice

1 tsp. ground cinnamon

1 tsp. ground nutmeg

4 whole ripe pears

Cool Whip for topping (optional)

Directions:

In a shallow pan, combine the juices, cinnamon and nutmeg and mix evenly.

Peel the pears and cut in half and scoop out the core with a spoon. Place in the pan with the juice mixture. Simmer over low heat for about 30 minutes making sure not to boil. Transfer pears to plates and top with a dollop of cool whip. Serving size is 1 pear.

In other news, March is National Nutrition Month! Healthy eating is not a one-size-fits-all approach. It can fit any lifestyle, any culture, and any budget. Registered Dietitians are considered the expert in food

and nutrition and are your go-to resource for anything nutrition related-from establishing healthful eating habits to managing a chronic disease. Many people have this idea that dietitians will just give you a list of good and bad foods to follow. Or give you endless tips on healthy eating that sound useful but something you never end up utilizing. Or worst of all, consider us the food police! The truth is, as a registered dietitian, I focus on you! I use counseling techniques to learn about your lifestyle, goals, past successes and failures and most importantly meet you exactly where you are. This is your journey towards healthful eating, and I am here to put you in the driver's seat by helping guide and empower you to make the changes you are wanting to make. You are unique and deserve more than a generic diet plan or advice from others based on what is successful for them (that does not mean that it will work for you). I am dedicated to help support you to personalize your plate. Please reach out to me at 332-7608 to start your healthful eating journey.