

Fatal attraction for sweet flavor and “sugar free” recipe

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NUTRI-lipidomics *Molecular nutrition and healthy diet*



Sweet taste has always had a strong attraction on man, but being present in nature within foods has never created any problems. This propensity is well-known to a part of the food industry that has exploited it to make foodstuffs more attractive to human consumption by infusing them with sugars (whether extracted from natural sources or artificially produced).

The continued growth in the consumption of sugary products has created some sort of dependence on them and at the same time has witnessed an increase in overweight, obesity and chronic degenerative diseases.

Data from W.H.O.

The World Health Organization (WHO) recommends that the consumption of simple sugars is **less than 10%** of the total ingested calories, while recommending a target **below 5%** for additional health benefits (1). This translates, in the first case, to 50 gr of sugar into a 2,000 Kcal or 25 gr diet in the second. As an example in the United States, among the world's largest sugar consumers, the average amount per person is 126 grams and, in general, the highest percentages are found in children!

How Much sugar and Where

- 1 teaspoon of sugar equals 4-5 gr
- 1 beverage can contains about 35 grams of sugar
- 1 jar of 125 gr of fruit yogurt can also contain more than 15 gr of added sugar
- 100 gr of cookies contain an average of 25 gr
- 100 gr of “breakfast” cereals can be 25-37 gr
- 100 gr of handmade ice cream from 16 to 22 gr of added sugar

A viable alternative would be to re-use the sweet taste naturally present in the foods, always accompanied by vegetable fibers (as in fruit) and to use added sugars in moderation and in the context of balanced nutrition.

The NUTRI-lipidomic recipe

Ice cream "Sugar free"

A refreshing recipe for satisfying your desire of sweet without guilt. Sweet taste is accompanied by good fiber, vitamins, mineral salts and antioxidants. The following preparation will result in a minimum glycemic impact with well-balanced sugars.

Ingredients for 2 people

- 1 frozen banana (100-120 gr roughly peeled)
- Frozen raspberries or berries (150 gr)
- 2 teaspoons of virgin coconut oil or vanilla seeds
- 1-2 spoons brimming of honey
- 3 tablespoons of Greek yogurt or soy yoghurt (in both cases natural)
- 1 teaspoon of chia seeds

Preparation

Put the banana cut into washers, berries and honey in a glass blender.

Blend at medium speed for 1-2 minutes until homogeneous, then add yogurt and coconut (or vanilla) with a last roll.



Prepare at the moment and consume at the moment to not lose the optimum consistency.

Bibliography:

(1) Guideline: Sugars intake for adults and children. Geneva: World Health Organization; 2015.

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The diet tips, written in the article, are not intended to be a substitute for a personal nutrition plan and are to be adapted to specific cases.

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