

Reduced Sugar Cherry and Almond Baked Cheesecake

using Braun Reduced Sugar Mixes

Cherries:

- Rich in antioxidants and anti-inflammatory compounds. Alleviates oxidative stress, which is linked to multiple chronic diseases and premature ageing. High in polyphenols which fight cellular damage, reduce inflammation and promote overall health. Protect against heart disease, diabetes, mental decline and certain cancers. Also contains carotenoid pigments like Beta-Carotene and Vitamin C; both of which have anti-inflammatory and antioxidant properties.
- Can boost exercise recovery: anti-inflammatory and antioxidant properties relieve exercise-induced muscle pain, damage and inflammation. Enhance exercise performance.
- Benefit heart health: reduced risk of heart disease. Remove excess sodium from your body, regulating blood pressure.
- Contains potassium and polyphenol antioxidants. Decrease heart disease and stroke.
- Improve symptoms of arthritis and gout due to their potent anti-inflammatory effects. Suppression of inflammatory proteins inhibit oxidative stress and decrease inflammation.
- Improve sleep quality. Contains melatonin which regulates your sleep-wake schedule.

Almonds:

- High in healthy monounsaturated fats, fibre, protein.
- Loaded with antioxidants: protect against oxidative stress which can damage molecules in your cells, contribute to inflammation, ageing and disease like cancer.
- High in Vitamin E: fat-soluble antioxidants. These build membranes in your body, protecting cells from oxidative damage. Lower risk of heart disease, cancer, Alzheimer's.
- Assist with blood sugar control: low in carbs but high in healthy fats, protein and fibre. Remarkably high in amount of magnesium - blood sugar control, lowers blood sugar and improves insulin function, major reduction in insulin resistance. Help prevent metabolic syndrome and Type 2 diabetes. Decrease risk of kidney failure, heart attack and stroke, as they decrease blood pressure.
- Almonds lower LDL 'bad' cholesterol, while maintaining 'good' HDL cholesterol. Also leads to loss of belly fat. Prevents oxidation of LDL cholesterol which reduces atherosclerosis and therefore reducing rates of heart disease.
- Decrease hunger and lowering overall calorie intake; therefore, contributing towards weight management. Boosts metabolism so is an effective weight loss diet.

Reducing Sugar Intake:

- Reducing sugar intake results in you having more energy, losing weight or staying at a healthier weight more easily. Triglycerides drop and fewer dental cavities occur.
- Fewer crashes: due to reduced number of reactive hypoglycemia (the 'crash' which results in sleepiness, hunger, anxiety that occurs 1-3 hours after eating a sugary meal). Avoiding sugary foods particularly on an empty stomach will stave off these symptoms.

- Sugar-laden treats are high in calories and often high in fat, low in fibre and other nutrients; contributing to obesity and metabolic syndrome (a precursor to Diabetes).
- Decreasing triglyceride levels in the blood will reduce the risk of heart disease and stroke.
- Fewer cavities: sugar traps bacteria and forms sticky carbohydrates and protein on the enamel of the teeth. The bacteria use fructose in the carbohydrate sugar, to create lactic acid, which wears away tooth enamel.
- Helps you look younger – sugar is reported to contribute to the breakdown to two skin proteins, elastin and collagen. Cutting sugar in the diet will help you look younger.

Bibliography

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