

Food Tips: Natural Sugar Replacements



By [Emily Green](#)

No matter what kind of food or drink you buy, there is an extremely likely chance that it contains a decent amount of sugar. While sugar is known to be bad for you, some people can't stop having their daily morning coffee because of the sugar that's in it! Many [famous cooks](#) or [TV chefs](#) like Rachael Ray have added natural sugar replacements into their food or drinks, making their meals healthier bit by bit. By replacing the sugar in your drinks or meals with healthy, more natural sugar replacements, you can continue on your daily grind without having to worry about the effects the sugar can have on your body.

Replacing the sugar in your drinks or meals is a great food tip to improve your lifestyle! What are some great natural sugar replacements?

There is nothing good about adding *unnneeded* sugar to our diet at all, especially the ultra-refined white sugar you find in every grocery store the baking aisle. Our bodies break carbohydrates, like bread or the sugar you find in an apple, down into sugar for energy that is necessary for your body to survive. Natural sugars are packed with vitamins, minerals, and other nutrients that help us stay healthy. But do we really need to add three teaspoons of sugar to our coffee? Here are some of Cupid's favorite sugar alternatives to include in your diet for when you must absolutely have extra sweetener:

1. Xylitol: Xylitol is a "sugar alcohol" typically extracted from corn, and found in many fruits and vegetables. Having 40% fewer calories than sugar, xylitol does not raise blood sugar or insulin levels. Wondering how this can help you? Xylitol can provide many dental benefits, in addition to helping protect your body against diseases like osteoporosis.

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2. Erythritol: Another "sugar alcohol," Erythritol is even healthier than Xylitol. Containing only 6% of the calories of regular sugar, it tastes exactly like regular sugar, making it an easy substitute. This way you can still have your morning coffee without having to deal with a change in taste.

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3. Yacon Syrup: This sweet, dark syrup is extracted from the yacón plant, which is native to South America. With a consistency similar to molasses, Yacon syrup not only contains one-third of the calories regular sugar possesses but also acts as an appetite reducer. Adding Yacon syrup to your diet is a great way to help you reach your goal weight!

4. Stevia: Stevia is a natural sweetener with zero calories, and has numerous health benefits! From being proven to lower blood pressure, blood sugar, and insulin levels, Stevia is the perfect sugar substitute to help fight against diabetes. Try it in your next coffee, you never know how much your taste buds will appreciate it!

What are some other natural sugar alternatives? Let us know in the comments below!

Famous Cooks: What Restaurants Should You Hit Up in NYC?





By [Melissa Lee](#)

New York City is the mecca for deliciously diverse food. From street carts to cafes to full-blown five star restaurants, regardless of where you look, you're bound to find some of the best food in the nation. If you're heading to NYC and you're on the hunt for the yummiest places to stop by, check out this list. It's a combination of the city's greatest food treasures – we can even guarantee you won't be disappointed with any of the spots!

Head below to get a sneak peek into NYC's most famous cooks!

1. Restaurant Daniel: Believe or not, NYC is home to a ton of French restaurants, all of which are competing for the best cuisine in the city. This fine dining establishment may possibly be the reigning champion, but that decision could be up to you. Located on the upper East side, Restaurant Daniel is notorious for their award winning French cuisine. The chef, Daniel Boulud, supplies a seasonal menu with a gorgeous

atmosphere inspired by Venetian Renaissance style.

2. Aureole: This American-style restaurant is a classic. Though classified as another fine dining spot, the joint serves (what they describe as) “progressive American cuisine.” Charlie Palmer, the head chef at Aureole, is even the winner of the 1997 James Beard award for Best Chef. Head to the Bank of America Tower in Bryant Park if you’re interested in dining at this contemporary yet elegant restaurant.

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3. Gramercy Tavern: This jewel is a New York City treasure that everyone should visit. Danny Meyer opened this spot in 1994 and has since become one of the most beloved restaurants in the country. The tavern serves American style cuisine created by Chef Michael Anthony, who also offers a seasonal menu. Located on the Lower East side, Gramercy Tavern is known for its warm hospitality, incredible food, and rustic setting.

4. Masa: If you’re in the mood for Japanese food, look no further than Masa. Chef Takayama is perhaps one of the best sushi chefs in the world, using only the freshest and best ingredients for his meals. If you’re looking for something more casual, head next door to Bar Masa, which serves a more extensive menu of seasonal sushi selections (and has a no-reservation policy!).

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5. Le Bernardin: Seafood lovers absolutely have to make a reservation at this acclaimed four star spot. Maguy Le Coze, one of the original owners, and Eric Ripert are currently the chefs and they surely do not disappoint. The restaurant serves strictly seafood, using only the freshest fish available. Le Bernardin won the James Beard award for Outstanding Restaurant in 1998, followed by Ripert’s triumph of Chef of the Year New York.

What are some of your favorite places to eat at in NYC? Share your thoughts below.