

# 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 *unneeded* 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!**

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## **Celebrity Chef Recipes for The Perfect Breakfast In Bed**





By [Marissa Donovan](#)

Having breakfast in bed is a fun treat to experience as a couple. Whether you plan on celebrating an anniversary or surprising your loved one, it's a special meal that will bring you closer together. Find out what kind of breakfast foods your partner enjoys eating and see if our recommended [celebrity chef](#) recipes will match you and your partner's taste buds!

## Wake up with the chickens and try these easy breakfast in bed worthy dishes!

1. [Ree Drummond's PB&J Streusel Muffins](#): Try this lunchbox spin on English muffins to start your day. The gooey jelly and peanut butter will melt in mouth your mouth with each bite you take!



Photo:

<http://thepioneerwoman.com>

**Related Link:** [Celebrity Interview: Chef Roble Talks Date Nights and Says Creating New Fragrance Was “A Lot Like Cooking”](#)

**2. [Jamie Oliver’s Almond, Banana & Passion Fruit Smoothie](#):** This fruity smoothie will be the best pick-me-up for you and your partner to drink. Get a tall glass make sure to get two drinking straws!



Photo:

<http://www.jamieoliver.com>

**Related Link:** [Date Idea: Homemade Smoothies](#)

**3. [Anne Burrell’s Fingerling Home Fries](#):** Save room on the side of your plates for these delicious home fries! Bring napkins



and a bottle of ketchup for the greasy goodness this side dish!



Photo: Foodnetwork.com/

**Related Link:** [‘Cake Boss’ Star Buddy Valastro on His Celebrity Marriage: “I’m a Lucky Man Because the Reality TV Show Hasn’t Changed Us”](#)

**4. [Martha Stewart’s Poached Eggs with Yogurt and Spicy Butter](#):** This eggcellent breakfast meal is sure to brighten you and your partner’s morning! Although Poached Eggs can be tricky to make, Martha Stewart’s recipes will make this easy for any breakfast fan.



Photo:  
<http://www.marthastewart.com>

**Related Link:** [Martha Stewart Discusses Blake Lively and Ryan](#)

## [Reynolds' Wedding](#)

5. [Rachel Ray's Monte Cristo Waffle-Wiches:](#) This breakfast sandwich will blow your mind. This recipe combines two breakfast classics into one meal. You and your partner will most likely want to make more than just one for each other.



Photo: Rachaelray.com

Which one of these recipes will you be trying for your breakfast in bed meal? Let us know in the comments!

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## Celebrity Couples That Have a Kid-Free Marriage





By Jessica Smith

Parenthood, that is, bringing a child into this world with your own DNA, is a miracle. Sure, it's an extraordinary undertaking and a definite blessing, but it can also be one giant pain in the butt. As a result, deciding to have children as a married couple is a gargantuan step that will forever change your lives. Although you can expect to lose your privacy and most likely your mind, you can also expect to feel love and gratitude beyond anything you've ever experienced. However great these rewards, and perhaps because of the many potential troubles, these Hollywood couples remain kid-free:

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**1. Prince William and Kate Middleton:** As a royal couple, there's undoubtedly a lot of pressure on Prince William and Kate. The whole world is waiting for the confirmation on a baby bump—which despite rumors, still doesn't exist—but no one is anticipating it more than the lovebirds themselves.



Although they've only been married for a little more than a year and have been busy on tour for most of that time, they have pregnancy plans to bring a little prince or princess into this world soon. We suspect that the Duke and Duchess will announce their pregnancy by New Year's Eve.

**2. Channing Tatum and Jenna Dewan-Tatum:** Could this couple be more beautiful? After Channing Tatum and Jenna Dewan-Tatum first made their debut together in the movie *Step Up*, they've been married for three years. This dancing couple is in their young thirties, and although they do plan on having children in the future, they're still not sure when. With their hectic lives and crazy schedules, their main focus is on having enough time for each other.

**3. Fergie and Josh Duhamel:** Let's forget about the fact that Josh Duhamel was accused of cheating on Fergie, since she has decided to forget about the matter herself, and instead focus on the dream-fulfilling marriage these two now have—literally. Nine years ago, Fergie read a tabloid about a dream that Duhamel had about her, and she later asked him if it was a good dream. His answer eventually led them to a marriage. Though they've been married for four years now and want to start a family, they still remain kid-free. Time's ticking away, so they'd better hurry before it's too late!

**4. Rachel Ray and John Cusimano:** Lately, the only coverage Rachel Ray and John Cusimano have been getting isn't so happy. Though you can't always believe everything you hear, the rumor mill has been churning up reports of a potential split for this couple. Even before these rumors, however, the two had no plans of parenthood. Ray says that she puts too many hours into her career to even consider having time to raise a child. Parenthood just isn't in the cards for this couple, and if the rumors are true it might be for the better!

**Related Link:** [Best Celebrity Moms \(Who Also Make Great Wives\)](#)

**5. Jay Leno and Mavis Leno:** It only took Jay Leno three days after meeting Mavis to know that he wanted to marry her, but she wasn't even sure she ever wanted to marry anyone. After falling in love, she married Leno on the same day his parents were married. In the thirty years they've been married, they have always been sure about keeping their marriage child-free. The couple admits that they simply have zero interest in being parents.

**In what ways have children affected your marriage? Share your comments below!**