



Nutrisi Nutrisi memperingatkan tentang biskuit terburuk untuk kesehatan Anda – dan ternyata ini favorit bangsa

Description

Sebagai bangsa, kita adalah penggemar biskuit, dengan menghabiskan lebih dari 200 juta camilan manis ini setiap hari. Meskipun biskuit umumnya kurang sehat karena kadar gula dan lemak yang tinggi, tetapi sesekali menikmati biskuit tak akan berbahaya. As a nation, we are biscuit fanatics, munching through over 200 million of the sweet treats daily. Whether it's for dunking in our tea or simply savouring solo, it's clear we can't resist them. However, we're not deluded about their health benefits – or lack thereof.

Warna Merah Timur

Many biscuits are sugar-laden and some even come smothered in chocolate, making them less than ideal for frequent consumption. While an occasional biscuit won't do much harm, it's worth being mindful of the calorie, sugar and fat content. With this in mind, an expert exclusively told Express.co.uk about the best and worst British biscuits for your health, reports the Express. Harley Street nutritionist, Kate Cook, said. Harley Street nutritionist, Kate Cook, said: "Everyone enjoys a sweet treat from time to time, even though we know that a sneaky biscuit isn't always the healthiest choice."

Warna Biru Timur

Kate cautioned against overindulging in chocolate-coated biscuits, including chocolate digestives, recently crowned Britain's favourite biscuit in a survey. "Larger, chocolate-coated biscuits typically contain more sugar per serving," Kate noted. She suggested that a better option might be plain digestive biscuits which have lower sugar content and can be a healthier alternative to chocolate-covered ones. Kate emphasized the importance of focusing on sugar content for both dental health and energy management.

Warna Hijau Timur

Kate also recommended looking for biscuits that are high in wholegrains such as oats. She mentioned that oats can provide slow-release energy, helping to maintain stable blood sugar levels and sustained

energy throughout the day. So, if you're craving a sweet treat, choosing biscuits with low sugar and high wholegrain content could be a healthier choice. A great example of these types of biscuits is Coconut and Chia Oat Biscuits by Nairn, boasting a whopping 63 percent oat content.

Tips Sehat

When it comes to enjoying biscuits, it's important to be mindful of their sugar content and consider healthier alternatives like plain digestives or wholegrain oat biscuits. By paying attention to the nutritional value of the biscuits we consume, we can make better choices for our health. Remember, moderation is key, and indulging in sweet treats occasionally can still be part of a balanced diet. So, the next time you reach for a biscuit, think about the sugar content and opt for a healthier option to satisfy your sweet tooth.

Ringkasan

Sebagai negara, kita sangat menyukai biskuit, mengonsumsi lebih dari 200 juta biskuit setiap hari. Namun, apakah Anda tahu bahwa banyak biskuit mengandung gula tinggi dan ada yang dilapisi cokelat? Ah, tentu saja kita tidak bisa menolak godaan itu. Bagaimanapun, seberapa sering kita seharusnya mengonsumsi biskuit yang tidak sehat ini? Mari kita diskusikan lebih lanjut di kolom komentar di bawah! Apa biskuit favorit Anda? Apakah Anda lebih suka yang dilapisi cokelat atau varian biasa? Bagikan pendapat Anda!

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