

## Reduced Sugar Carrot & Pistachio Cake

using Macphie Reduced Sugar Mississippi Mix and Reduced Sugar Vanilla Frosting

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### Carrot:

- Vitamin A; promote healthy vision and night vision. Acts as a cell protective antioxidant which reduces oxidative stress on cells, caused by free radicals. The antioxidants lutein and zeaxanthin enhance eye health through protecting the retina and lens. Supports lung and skin health and offers protection against cognitive decline.
- Soluble fiber regulates blood sugar and insulin levels, anti-diabetic effect. Also, low glycemic index. Supports digestive health. Boosts fullness therefore aiding weight management.
- Carotenoid antioxidants have a 21% lower risk of developing lung cancer [Sass, 2019]. This is due to their anti-inflammatory properties (cancer is a form of inflammation).
- Potassium: regulates blood pressure by balancing sodium levels, excreting excess sodium out of the body which alleviates pressure to the heart and blood vessels. Decrease heart disease risk by 32% [Sass, 2019].
- Vitamin C which gives carrots the pigment, support healthy immune system and healing. This is due to the formation and protection of mucous membranes which inhibit any foreign germs entering the body.
- Vitamin K; long term bone health and assists in blood coagulation.
- B Vitamins; providing energy production by metabolizing carbohydrate in foods into cell-soluble ATP used as energy.

### Pistachio:

- Vitamin B6; blood sugar regulation and formation of hemoglobin which carried oxygen to cells (therefore assists in the basis of all bodily functions).
- Rich in potassium: regulate heart and blood pressure. Serves as an electrolyte by becoming ionized in solution. Assists nervous system for correct functioning of tissues. Helps muscles contract.
- Antioxidant properties: lowering oxidative stress, reducing inflammation, and thereby altering development and reproduction of cancer cells. Lutein and Zeaxanthin protect eyes against blue light and age-related macular degeneration.
- Lowest-calorie nuts: aid to weight management and regulation of diabetes. In addition, they are very energy-dense so will aid in weight loss. Rich in fiber and protein which also increase satiating effect; keeping you fuller for longer,
- Promote healthy digestion by increasing healthy gut bacteria. High in fiber = prebiotics digest these, turning them into short-chain fatty acids (reduce risk of cancer and heart disease).
- Lowers total cholesterol levels and blood pressure: through antioxidant properties as LDL Cholesterol decreases, and condition of the blood vessels improve (walls repair and become smoother which decreases the risk of cholesterol attaching to damaged area and increasing blood pressure, leading to heart disease through blood clots.) Nitric oxide found in pistachios cause vasodilation (widening of blood vessels, therefore increased blood flow)
- Lowers blood sugar by having a low glycemic index (do not cause sugar spikes)

### Reducing Sugar Intake:

- Reducing sugar intake results in you having more energy, lose weight or stay 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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