Q: What are some healthy alternatives to adding sugar to recipe?
A: You can always reduce the amount of sugar a recipe calls for by a half or a third. Then, to add flavor considering using spices like nutmeg, cloves, cinnamon, or allspice. Depending on the recipe you can also substitute sugar with mashed bananas or unsweetened applesauce.

Q: I set a goal, but then I forget about it. Do you have suggestions on remembering my goals I set?
A: Definitely! The best way to remember your goal is to write it down and tape it somewhere that you look at regularly. This could mean more than one place such as your bathroom mirror at home and your computer at work. Sometimes keeping a journal of your goals and successes can help remind you of what you are working towards. Find a system that works for you, but when we have our goal in plain sight, we are more likely to accomplish it.