

# Sugar Swaps for a healthier, sweeter life!






**Jaggery (gur)** in tea, coffee  
or other milk beverages



A close-up photograph of several dark brown, wrinkled dates (khajoor) resting in a light-colored wooden bowl. The background is a soft-focus wooden surface. The entire image is overlaid with a semi-transparent dark blue filter.

**Dates (khajoor) paste  
in laddoos & energy bars**




The background of the image is a close-up photograph of several figs. Some are whole, showing their dark purple, bumpy skin. Others are sliced in half, revealing a vibrant pinkish-red interior with a fibrous, honeycomb-like structure and small yellowish-brown seeds. The lighting is soft, highlighting the texture of the fruit. A semi-transparent dark blue banner is overlaid across the middle of the image, containing the text.

**Figs (anjeer) paste** in barfis,  
halwas, and smoothies





**Ripe bananas** in sheera,  
smoothies & batter **recipes**



**Honey** in nimbu pani, aam  
panna & oats





**Palm jaggery (karuppatti)**  
in South Indian sweets like  
payasam and kheer



A close-up photograph of a bowl containing several pieces of boiled sweet potato. One piece is cut open, revealing a soft, yellowish-orange interior. The bowl is light-colored with a subtle pattern. The background is dark and out of focus.

**Boiled sweet potato  
(shakarkandi) in halwa,  
sheera, & pudding recipes**



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