



Cinnamon

Cinnamon is a commonly used spice that comes from the dried inner bark of the evergreen tree. It comes in 3 different forms; powder, sticks and oil.

Whether cinnamon provides any health benefits is still a grey area. Research is currently being undertaken to determine whether it aids in blood sugar control, reducing blood cholesterol, preventing cancer and reducing weight but there is no concrete evidence to suggest this as yet.

The best thing about cinnamon is that it is a natural sweetener. Therefore, theoretically speaking, it should assist with weight control. Instead of sprinkling sugar on your cereal, yoghurt or pancakes, sprinkle cinnamon and you get a beautiful sweet flavour without the kilojoules. Cinnamon can also bring natural sweetness to your baking, try adding cinnamon into cakes, slices and muffins.

VIS Sports Dietitian, Kylie Andrew