

## Sweet Sabotage

### Avoiding the Dangers of Added Sugar

Humans have a tendency towards sweet foods. In fact, our bodies run on sugar (glucose), and natural sugars can be a healthy part of the diet. However, added sugars – the sugars and syrups that are added to foods during processing – are a completely different story, and can wreak havoc on your health.

### The Dangers of Added Sugars

There is growing evidence in the medical community that points to added sugars as a major culprit in the onset of serious diseases. Added sugars can contribute to:

- Heart disease
- Diabetes
- Weight gain
- Increased triglycerides
- Nutritional deficiencies
- Tooth decay



### Don't Be Fooled

Added sugars come by many names. Make sure to check the labels for the following types of sugars often hidden in foods:

- Any food ending in the letters "ose", e.g. sucralose, dextrose
- Cane juice or syrup
- High-fructose corn syrup
- Juice concentrate or nectars
- Honey
- Malt syrup
- Molasses

#### HOW AMERICANS MEASURE UP

The American Heart Association recommends that men consume no more than 9 tsp. of sugar per day, 6 tsp. for women.

**But on average, Americans consume 22 tsp. a day, over three times the recommended amount!**

### Tips for Reducing Sugar Consumption

- Eliminate sugary drinks (soda, juices, and blended coffees are all culprits).
- Watch packaged foods like boxed cereals. Opt for healthy, low-sugar options.
- Use sweet condiments sparingly. Try using fresh fruit instead.
- Buy canned fruit in natural juices, not sugary syrups.
- Ditch the cakes and pastries, and instead, reach for the fruit and whole grain snacks.