

Many people these days are trying to cut back on sugar. The word is out: sugar leads to a range of health issues from tooth decay to life-threatening illness. Want to cut back on the sugar in your diet?

Here are six quick tips to help your family keep life sweet and healthy!



Six easy ways YOU can beat the Sugar Baddie™:

1. Satisfy your sweet tooth with fresh fruit.

Craving a sweet treat? Choose fresh fruits instead of foods with added sugars. Hot day? Freeze grapes or other fresh fruit for a cool healthy snack!

2. Move to boost your mood!

Feeling down? Don't reach for sugar. Instead, move your body! Get blood flowing with a brisk walk or put on your favorite tunes and dance!

3. Read your labels!

Sugar Baddie likes to disguise himself with secret names: high fructose corn syrup, corn syrup, corn sweetener, invert sugar, fructose, dextrose, glucose, sucrose, maltose, and malt syrup are just some of the different forms of sugar. Read food labels carefully to make sure these aren't sneaking into your diet!

4. Use juice wisely.

Whole fruit contains nutrients and fiber that are often lost during its processing into juice. Fiber creates feelings of satisfaction and fullness, and slows the absorption of sugar into the bloodstream.

The closest juice to nature is freshly squeezed, followed by juices that are "100% juice with no added sugar." Be especially careful of "juice drinks" that contain little or no real fruit juice and lots of added sugars. For the best health, go back to the source: eat a piece of whole fruit and wash it down with fresh water!

5. Replace sugary beverages with water.

Consuming just one sugar sweetened soda per day has been shown, over time, to increase the risk of Type 2 diabetes by up to 22%. Drinking one 20 oz. sugar sweetened soda per day for only one year can add 25 extra pounds to a person.

High sugar beverages include sodas, sports drinks, flavored milks, juices, and juice drinks. Even healthy sounding products like sports drinks and flavored milks are typically filled with added sugars. Read labels and be sure to look at serving size! There may be more sugar hiding in that container than you think.

** The American Heart Association recommends that children ages 4-8 have **no more than 3 teaspoons sugar per day**. One 12 oz. can of sugar-sweetened soda often contains **over three times this recommended limit**.

6. Avoid synthetic sweeteners

Synthetic sweeteners can appear healthy because they contain few, if any, calories. However, these molecules are created in a laboratory to be hundreds of times sweeter than sugar. They can actually increase cravings for sweets instead of curbing them. Watch out... the Sugar Baddie is hiding here, too!

Want to Feel Great? Choose Health!