



facts about SUGAR



The average American consumes on average at least 170lbs of refined sugar a year! Over-consumption of refined sugars can cause severe deficiencies in the nutrients that regulate blood sugar, especially vitamin B1. Consistently high blood sugar reduces white blood cell activity and depresses the immune system in general. Let's face it – we all have had sugar cravings at one time or another -- and we have given in to these sugar cravings with candy, cakes, or cookies. Sugar is a carbohydrate, which is one of the three main macro-nutrients the body requires for health.

There are many types of sugars:

- o **Simple sugars** which are easily digested and absorbed.

Examples include:

- Sucrose (Table sugar)
- Fructose (Fruits and juices)
- Lactose (Milk)

- o **Complex sugars**, which must be broken down into simple sugars for our body to utilize.

Examples include:

- Starch found in rice, potatoes, and wheat
- Cellulose or fiber which the human body cannot break down and is found in many grains, fruits, and vegetables

Some health concerns from consuming too much sugar:

- o Insulin Resistance - Most common is diabetes and other sugar related disorders
- o Tooth decay
- o Obesity
- o Immune system imbalance
- o Yeast and bacteria
- o Interference with the absorption of minerals
- o Nutrient insufficiency (many processed, sweet foods are devoid of fiber, vitamins, and minerals)

Avoid:

- High fructose corn syrup
- Refined sugar
- Soft drinks
- Processed fruit juices
- Artificial sweeteners
- White flour



Alternatives – Wise Sugar Choices

1. Rice syrup, barley syrup, maple syrup, honey, and molasses are sweet while retaining trace mineral and vitamin content.
2. Stevia, a sweetener from a shrub found in South America. It has no calories, is all natural, and does not elevate blood sugar or promote tooth decay.
3. Whole fruit – it contains water, fiber, vitamins, and minerals.



set goal

ACTION PLAN:



develop plan

goal: _____

action: _____



take action



score your success

success score: scale: 1 (lowest) - 10 (highest)

current score _____

30 day score _____

60 day score _____