

THE SUGARY TRUTH



Look at those cute little guys. So sweet and delicious. You just wanna eat 'em up, right? That's the problem. Americans consume so much added sugar these days that it's killing us. So we put this together to help everyone understand where all this added sugar is piling up, what it does to our systems, and what we can do to improve our health. To start, here are The American Heart Association's daily sugar recommendations:

36g for men
12g for kids
20g for women

The problem is that our daily intake can reach as high as

95g

That adds up to **77 POUNDS** of added sugar every year!

So it's no wonder that

1 in 5 KIDS & **1 in 3** ADULTS are considered **OBESSE**



THERE ARE ABOUT

600,000

different packaged food items available in grocery stores today

80%

CONTAIN ADDED SUGAR.

Yes, sugar is everywhere. It's in all the usual suspects, but it's also in a lot everyday foods you might not expect...

Peanut Butter
Lunch meat
Bread
Fish sticks
Salad dressing



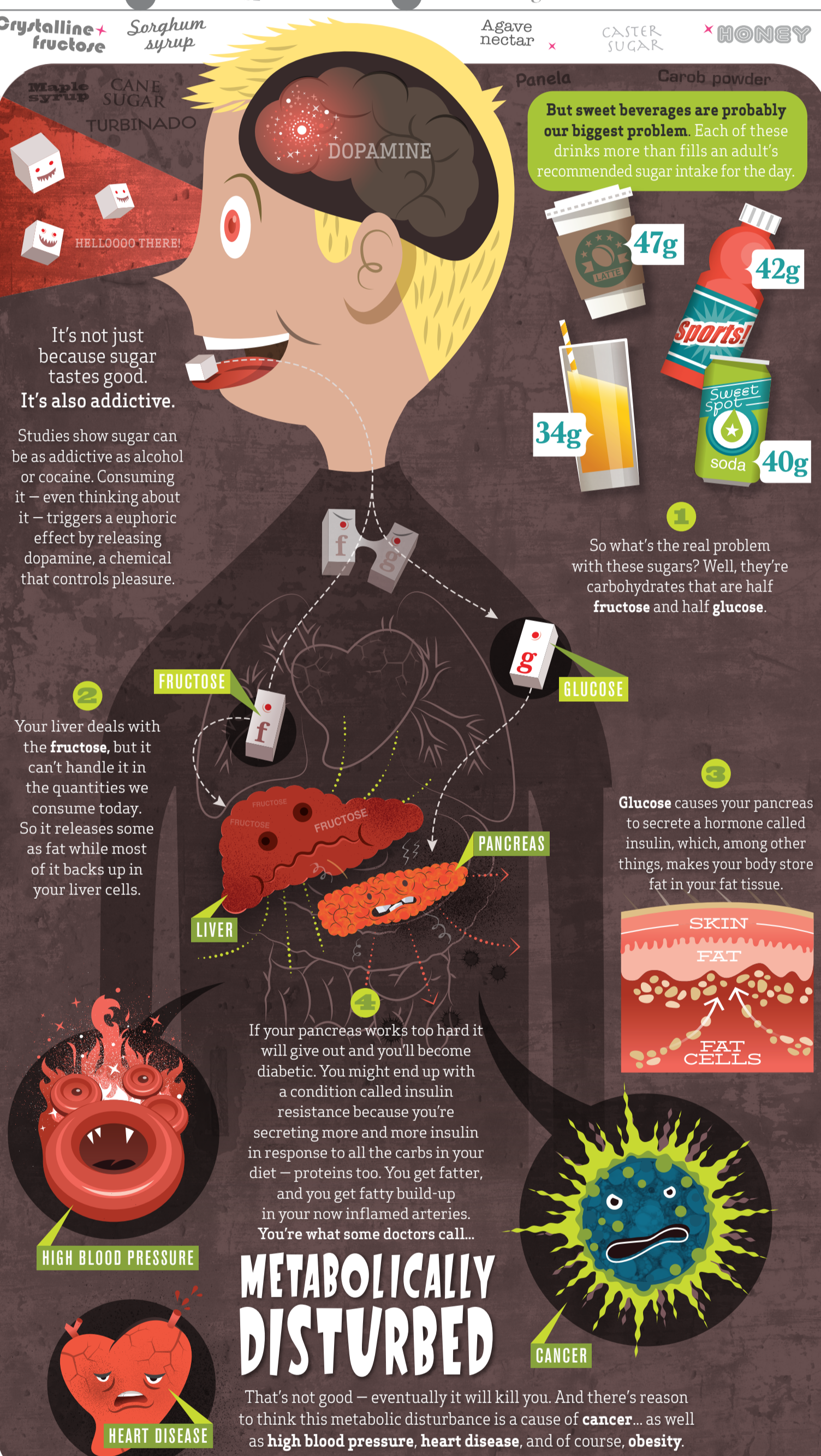
Did you know that food manufacturers often use more than **30 different names** for the various kinds of sugar?



But sweet beverages are probably our biggest problem. Each of these drinks more than fills an adult's recommended sugar intake for the day.



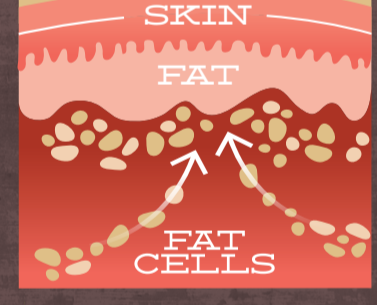
So what's the real problem with these sugars? Well, they're carbohydrates that are half fructose and half glucose.



It's not just because sugar tastes good. It's also addictive. Studies show sugar can be as addictive as alcohol or cocaine. Consuming it – even thinking about it – triggers a euphoric effect by releasing dopamine, a chemical that controls pleasure.

Your liver deals with the fructose, but it can't handle it in the quantities we consume today. So it releases some as fat while most of it backs up in your liver cells.

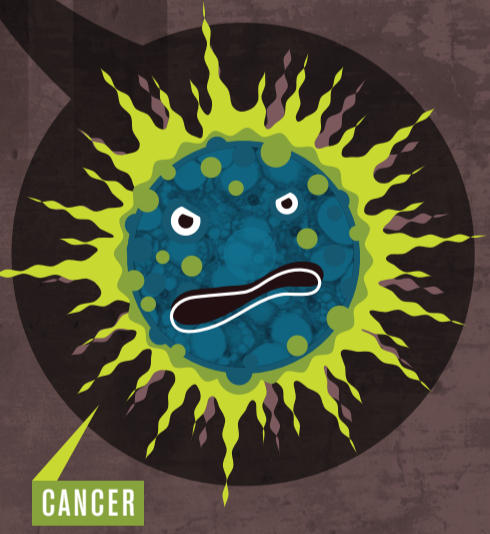
Glucose causes your pancreas to secrete a hormone called insulin, which, among other things, makes your body store fat in your fat tissue.



If your pancreas works too hard it will give out and you'll become diabetic. You might end up with a condition called insulin resistance because you're secreting more and more insulin in response to all the carbs in your diet – proteins too. You get fatter, and you get fatty build-up in your now inflamed arteries. You're what some doctors call...

METABOLICALLY DISTURBED

That's not good – eventually it will kill you. And there's reason to think this metabolic disturbance is a cause of cancer... as well as high blood pressure, heart disease, and of course, obesity.



GOOD NEWS



AVOID SUGARY DRINKS

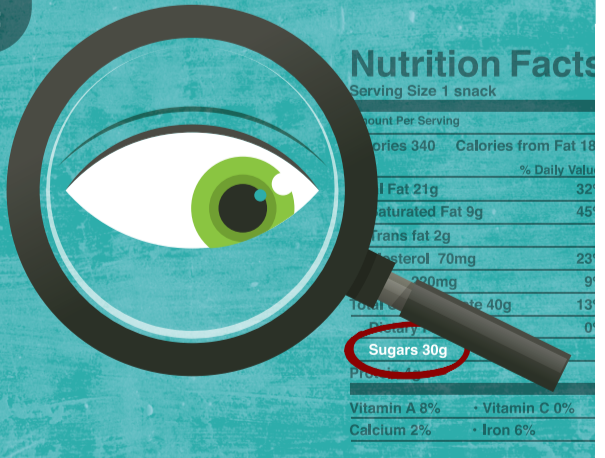
All that glucose and fructose is an assault on your system – literally. Give tea or carbonated water a try – something besides processed sugar water. Why drink all your calories?



There are a few simple things you can do to avoid and reverse the damage:

READ LABELS CAREFULLY

Yes, processed foods are cheap and convenient, but they're usually filled with added sugar and provide little nutrition. Beware of added sugar in all forms.



LOW FAT!
salt
sugar



DON'T TRUST "LOW-FAT" FOODS
The missing fat usually is replaced with added sugar, and your body just ends up converting that sugar into fat.

EAT MORE FIBER
Eat 25-30 grams of fiber every day. Fiber-rich foods are high in vitamins and antioxidants and keep you feeling full longer.

EXERCISE A LITTLE
It may not seem like much but taking a 1/2 hour walk every day helps to reduce stress and control your blood sugar (and cravings).

"The food you eat can be either the safest and most powerful form of MEDICINE, or the slowest form of POISON."

—Ann Wigmore, nutritionist

