

THE
NOT-SO-

Sweet Truth

A little sugar can certainly make the holidays sweeter. But here are the not-so-sweet statistics on sugar's silent side effects.

	REFINED SUGAR HAS NO NUTRITIONAL VALUE	{ 0 VITAMINS 0 MINERALS 0 ENZYMES 0 FIBER
REFINED SUGAR IS LINKED TO:		
OBESITY	DIABETES	
HIGH BLOOD PRESSURE	METABOLIC SYNDROME	
DEPRESSION	ACNE	
SKIN IRRITATIONS	HEADACHES	
HARDENING OF ARTERIES	ERRATIC BEHAVIOR	
ACHING LIMBS	HYPOGLYCEMIA	
FATIGUE	ANXIETY	

SIMPLE SWAPS

Based on a 2,000-calorie-per-day diet, the United States Department of Agriculture (USDA) recommends you limit empty calories—which includes sugar—to 260 or less per day.

With that in mind, here are a few alternatives to consider as substitutes for a high-sugar snack or dessert.

HIGH SUGAR OPTIONS	HEALTHIER SUBSTITUTION
Ice Cream	Frozen Yogurt
Chocolate	Sugar-Free Candies
Gummy Bears	Dried Fruits
Sports Drinks or Sodas	Water or Crystal Light®
Sweet or Salty Snack Mixes	Raw Nuts

UNFAIR TRADE: There's a good chance any packaged food labeled "fat-free" or "low-fat" is loaded with sugar. The nutrition label will help you spot sugars that have been added to enhance the taste of those low-fat foods.

GO GREEN: Red apples contain up to 20 grams of sugar. Reach for a Granny Smith apple instead—it has less sugar, and about the same amount of fiber.

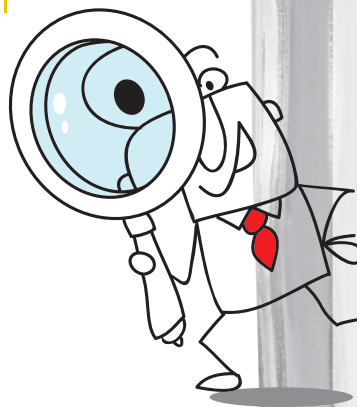
HIDDEN SUGARS

Foods with extra sugar aren't always easy to spot. Here are some seemingly innocent foods with surprisingly high sugar content.

SHOCKING: The average American consumes about 3 pounds of sugar per week. Over a normal lifetime, that's about 2 tons!

TEASPOONS OF SUGAR:

Raisins 2 OUNCES	10
Flavored yogurt 8 OZ. CUP	8
Applesauce 1/2 CUP	6
Energy bar or granola bar	5
Instant oatmeal 1 PACKET	4
Ketchup/BBQ sauce 2 TBLSP.	3
Salad dressings 2 TBLSP.	3
Packaged bread 1 SLICE	2



There are many names for added sugars found in processed foods. Check the label ingredients for:

- Lactose
- Corn syrup
- Maltose
- Dextrose
- Malt syrup
- Fructose
- Molasses
- Fruit juice concentrate
- Glucose
- Sucrose
- Honey

Source: www.onlinenursingprogram.com