

TAKE CHARGE OF YOUR HEALTH

# Cut Back on Sugar

The National Institutes of Health estimates that U.S. adults get around 15% of their calories from added sugars. That sugar intake doesn't even include natural sugars, like those found in fruit and milk. Reducing the amount of sugar in your diet can help reduce your risk of chronic health conditions including obesity, heart disease, Type 2 diabetes and high blood pressure. Take charge of your health today by cutting back on sugar:



### **Read labels carefully**

Many processed and packaged foods contain added sugars. Manufacturers often use several different types of sugars, so check ingredient lists for syrups and words ending in "ose," like sucrose, fructose and maltose.



### **Limit fruit**

Natural sugars are the best option to satisfy your sweet tooth, so don't feel guilty about eating fresh fruit. Watch out for processed versions like dried fruit though, since these are typically high in added sugars.



### **Focus on protein and fat**

Fill up on quality protein and healthy fats to help prevent a blood sugar drop. Nuts, avocados and hard-boiled eggs can be a quick, sugar-free blood-sugar stabilizer.



### **Substitute with spices**

Enhance foods with spices instead of sugar. Replace sugar with sweet-smelling spices like cinnamon, ginger, nutmeg and vanilla when baking.



### **Drink more water**

Water is best, so skip or limit your intake of soda (even diet soda), fruit juice, sports drinks and energy drinks. Watch what you're putting in your coffee, too.