

# Age-Defying & Disease Defence Plan

## Strategy #5 – Balance Your Blood Sugar

A diet that is rich in refined sugar substantially increases the risk of developing obesity, heart disease and diabetes. Too much sugar in the diet also suppresses the immune system. The more you eat the stronger the effects and the higher the risks. Immunology experts say that as little as 1 gram of sugar can suppress the immune system for up to 4 hours.

Guidelines for sugar consumption:

- 24 grams a day (6 teaspoons) if you eat 1,600 calories
- 40 grams (10 teaspoons) for a 2,000-calorie diet
- 56 grams (14 teaspoons) for a 2,400-calorie diet



In order to determine how much sugar is in a serving, you need to check the nutrition label for Sugars (listed in grams) and divide the number of grams by four.

People who eat diets high in sugar also tend to get less calcium, fibre, folate, vitamin A, vitamin C, vitamin E, zinc, magnesium, iron, and other nutrients.

**If you think you are getting too much sugar, here are some things to cut back on:**

- soft drinks (40 grams of sugar per 12 ounces) - nutritionally empty "liquid candy" - by far the biggest source of sugar in the average American's diet
- fruit "drinks," "beverages," "ades," and "cocktails" as they are essentially non-carbonated soda pop; Sunny Delight, Fruitopia, and other fruit juices have only 5-10 percent juice and are loaded with calories and can be as fattening as pop
- candy, cookies, cakes, pies, doughnuts, granola bars, pastries, and other sweet baked goods
- fat-free cakes, cookies, and ice cream as they may have as much added sugar as their fatty counterparts and they're often high in calories ("fat-free" on the package doesn't mean fat-free on your waist or thighs).
- Watch out for sweets - ice cream, shakes, and pastries - served in restaurants. Their huge servings can provide a day's worth of added sugar. For example, a large McDonald's Vanilla Shake and a Cinnabon each have 12 teaspoons (about 48 grams) of added sugar.

**Things to try:**

- Drink more water, eat more vegetables and have a few low-sweet fruits.
- Look for breakfast cereals that have no more than 6-8 grams (about 1.5 - 2 teaspoons) of sugar per serving.