

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.

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 our diets!
- fruit "drinks," "beverages," "ades," and "cocktails" are empty calories. The nutrition in these beverages is minimal.
- 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.
- Watch out for sweets - ice cream, shakes, and pastries - served in restaurants. Their huge servings can provide a day's worth of added sugar.

Things to try:

- Drink more water, eat more vegetables and add a few more pieces of fruit to your diet.
- Look for breakfast cereals that have no more than 6-8 grams (about 1.5 - 2 teaspoons) of sugar per serving.
- On any food label – look for sugar being less than 8 grams! Be nutrition-label savvy!

