

Sugar Rush...

Everything You Wanted to Know About the Sweet Stuff



Rethink Your Drink!



- Glucose (blood sugar) is vital for all life on Earth
- Supplies energy to every muscle, organ & cell in our body
- AHA (American Heart Association) recommends no more than 9 teaspoons a day for men and 6 teaspoons a day for women.
- The average American consumes 22 teaspoons of sugar per day!
- Avoiding processed foods will reduce your sugar intake greatly.

- Super Big Gulp soda = 32 tsp. sugar
- Regular can of Coke = 10 tsp. sugar
- Small carton of 2% milk = 3 tsp. sugar
- Water = NO SUGAR
- Tea = NO SUGAR (unless added)
- Try a splash of fruit juice to carbonated water for a low-sugar alternative to plain water!

Sugar Substitutes

Name	Calories	Found In	FYI
Agave Nectar	20 cal/tsp	Cereal, yogurt, tea	Similar to honey in taste/texture. More fructose than table sugar – less likely to cause spike in blood sugar, more likely to reduce metabolism and insulin sensitivity.
Aspartame (AKA Equal, NutraSweet)	0	Drinks, gum, yogurt, cough drops	Accused of everything from weight gain to cancer. FDA, WHO & ADA say that there is no threat when used in moderation. CSPI gave lowest ranking in review of food additives. Use with caution.
Honey	21 cal/tsp	Cereals, baked goods, tea	Contains trace amounts of vitamins & minerals. May not raise blood sugar as fast as other sugar products. Should be used as sparingly as any other full-calorie sweetener.
Saccharin (AKA Sweet'N Low)	0	Drinks, canned goods, candy	Initial studies in rats showed link between consumption and bladder cancer. Later studies showed lack of evidence that it would cause cancer in humans. CSPI has it on their "avoid" list of food additives. Use with caution.
Sucralose (AKA Splenda)	2 cal/tsp	Fruit drinks, canned fruit, syrups	Received FDA approval in 1998. The CSPI deems it safe and several studies have found that it is not carcinogenic. Not sensitive to heat and can be used in baking, useful for dieters and diabetics.
Stevia (AKA Truvia, PureVia)	0	Used as "dietary supplement"	In December 2008, the FDA announced it would allow stevia and its extracts to be added to food & beverages as a sweetener. Health Canada has allowed it to be added as a non-medicinal ingredient to natural health products, opening the door to allow food & beverage makers to expand the use of stevia in their products. Still, the product has not been around long enough to know the long-term ramifications of consuming stevia and its extracts. Proceed with caution.

Sources: www.cbc.ca, www.mnn.com, www.health.com, www.nationalpost.com

How to Break Up with Sugar!

If you've found that eating sugary snacks just makes you crave more, don't think it's because of your own weakness! Eating lots of simple carbs, without the backup of protein or fat, can quickly satisfy hunger and give you a short-term energy boost but can quickly leave you feeling famished and craving more. The taste of sugar also releases endorphins that calm and relax us and provide a natural high. It also releases the feel-good brain chemical, serotonin, commonly thought of as the "happiness" molecule. With all that, it's no wonder we crave sugar! Here are some great tips for controlling your sugar cravings over the short-term and long-term!

Eat Regularly!

Eat every 3-5 hours to keep blood sugar stable and help you avoid irrational eating behavior. Choose protein, fibre-rich foods to help keep you fuller, longer!



Get Up and Go!

When a sugar craving hits, walk away. Take a walk around the block or do something to change the scenery. Cravings that aren't related to true hunger only last 15-20 minutes so occupy your mind with another activity and it will pass.



Give In a Little!

Eat a little bit of what you are craving but limit yourself to 150 calories worth of it. This can help you avoid feelings of deprivation.



Reach for Fruit!

Keep fruit handy for when sugar cravings hit. You'll get fiber and nutrients along with some sweetness. Seeds, nuts and dried fruits are also helpful to have on hand.



Skip Artificial Sweeteners!

While they may sound like a great alternative, they don't lessen cravings and haven't demonstrated a positive effect on the obesity epidemic.



Get Support!

Many people turn to sweet foods when they are stressed, depressed or angry but food doesn't solve emotional issues. Consider seeking help if your emotions are involved with your sugar cravings and you cannot break the cycle with these tips.



Source: www.webmd.com

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