

# Keep Going!



Decreasing the sugar content has so many health benefits. We can do this together!

## Better Sleep

When you have a sugar crash, you will most likely want to nap. When your blood sugar levels are balanced, they promote better sleep patterns.

## Lose Weight

You will not be eating as many calories. Eating sugary foods have no nutritional value, and you may eat more than you intend to feel satisfied.

## Lowers Your Blood Pressure

A sugar-high diet is a risk factor for high blood pressure. Higher blood pressure is linked to heart disease, kidney damage, and other serious conditions.

## Improvement in Energy

The sugar is blocking our body's natural tendency to keep energy levels high.

## Healthier Skin

Sugar is linked to premature aging. A high-sugar diet reduces the quality of collagen. Cutting out sugar can help decrease the severity of your acne too.

## Better Dental Health

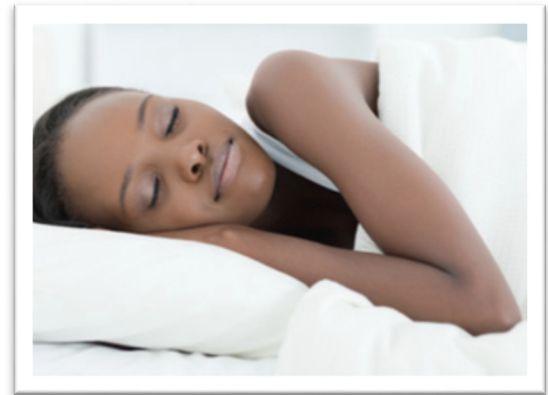
Sugary foods increase the risk of tooth decay and other dental problems.

## Keeps Your Brain Sharp

Too much sugar can impair your cognitive function.

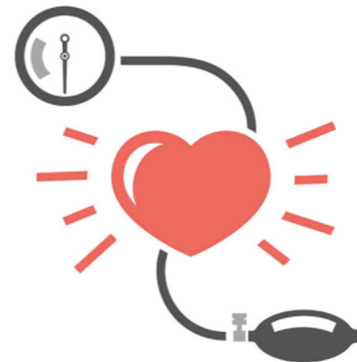
## Prevent Fatty Liver Disease

Your liver will not be overloaded. With lots of sugar, sugar drives fat cells into the liver which causes inflammation and scarring.



## Easy Ways to Decrease Your Sugar Intake

- Make your own spaghetti sauce
- Choose whole fruit instead of fruit juice
- Make your own salad dressing
- Avoid alcohol mixed drinks
- If you're addicted to chocolate, eat dark chocolate
- Some sugar substitutions include: honey, apple sauce, maple syrup, and agave nectar



**Have a coach look at your tracking sheet!**