



# KNOW YOUR LIMITS



## WITH SUGAR

The Canadian Diabetes Association recommends Canadians limit their intake of sugar to less than 10% of total daily calorie intake. This is still about 12 teaspoons of sugar (based on a 2000 calories diet)! There are so many benefits to decreasing the sugar content in your diet.

### Benefits to Decreasing Your Sugar:

- Better quality of sleep
- Weight loss
- Lowers blood pressure
- More energy
- Healthier skin
- Better dental health
- Cognitive sharpness
- May prevent fatty liver disease



### How to Cut Back Sugar

- Eat regularly
- Keep yourself hydrated
- Be active
- Reach for a fruit
- Skip artificial sweeteners
- Cleanse your house

### Strawberry Banana Smoothie Popsicle (9, 4oz Servings)

#### Ingredients:

- 1 cup strawberries, frozen
- 1 banana, frozen
- ½ cup Greek yogurt, plain
- ½ cup non-fat milk or milk of choice
- 1 tsp honey

Add all of your ingredients in a blender and process until smooth. Pour mixture into popsicle mold. Place in freezer for approx. 6 hours. Run popsicle mold under warm water and pop out of mold and serve.

#### Nutritional Information (1 serving)

Calories:	31	Fat:	0g
Fiber:	1g	Sugar:	4g
Protein:	2 g	Potassium:	108 mg

Sources: [www.peanutbutterandpeppers.com](http://www.peanutbutterandpeppers.com); [www.diabetes.ca](http://www.diabetes.ca)

