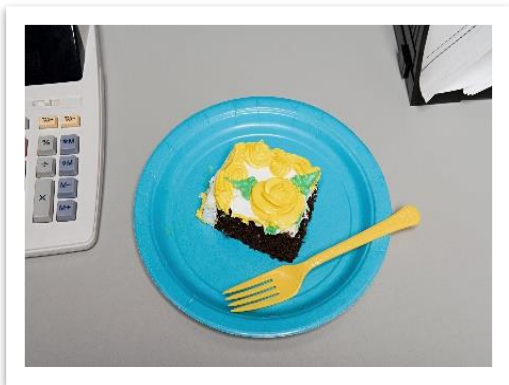


# ARE YOU TOO SWEET?

## GETTING OUT OF SUGARLAND



- Are you always thinking about sweets?
- Do your cravings seem to undermine your will power?
- Are you ready to leave Sugarland?

### Health Risks Related to Sugar Consumption

Obesity  
High Blood Pressure  
High Cholesterol  
Heart Disease  
Metabolic Syndrome  
Fatty Liver  
Gout  
Diabetes  
Depression/Anxiety  
Periodontal Disease  
Stroke  
And so much more!!!



### OFFICE CAKE IS A DANGER TO YOUR HEALTH....

It's 3:00pm and you're feeling the mid-day slump. Lucky for you it's Jenny's birthday! You don't really know Jenny all that well, but your brain knows that an office birthday means that there is cake in the staff room calling your name. After a few minutes of pondering, you realize the time being wasted thinking about that delicious piece of vanilla frosted birthday cake. You convince yourself that if you just eat the cake, you can get back to focusing at work - right? So you quietly travel to the staff room, and sneak a slice. Hear no evil, see no evil. And now, you feel worse than you did before. Ugh, that cake was not worth it!

### How Much Should You Consume?

In 2014 The World Health Organization lowered its recommendation for sugar consumption from no more than 10% of daily calories to 5%, warning that this also includes the sugar we don't see such as those found in condiments, sauces, ketchup and sweetened yogurt!

### Easy Ways to Reduce to Sugar Consumption

- Don't drink your sweets! Swap your daily soft drink for carbonated water and a splash of fruit juice (or sliced fruit). Skip the fancy coffee and ditch the "energy" drinks.
- Reduce use of condiments/sauces and replace with infused olive oils and balsamic vinegars, fresh herbs, and seasonings.
- Pack a healthy snack drawer at work to avoid the sweet treats.
- Buy unsweetened versions of items such as applesauce, non-dairy beverages, yogurt, and oatmeal.
- Use naturally sweet fruits like apples, banana, and pineapple to sweeten smoothies, baking, meals, and snacks.
- Don't go cold turkey. Being conscious of your sugar consumption doesn't have to mean that you can no longer enjoy the odd indulgence.
- Find healthy alternatives for your favorite sweet treats.

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### The Science of Sugar

Our bodies are designed to find pleasure in eating. Pleasure is directly linked to the nature of survival. The pleasure of food ensures our brain and our body that the next bite is coming to keep us nourished! Dopamine, the hormone responsible for the activation of pleasure, is released when you consume a food that the brain 'remembers' from the past. Regular consumption of sugar can weaken the action of dopamine, and overtime, the brain requires more and more sugar to achieve the "sugar high" that dopamine provides. This is the same action that takes place with addictive substances like cocaine, heroin, and opiates. Sugar is addictive!

### What Happens to Your Body When You Give Up Sugar?

Taking on a dietary change that you know is good for your body can be rough - especially when there is an addictive process involved. Sugar withdrawal is real and understanding some of the symptoms can help you prepare for success and not throw you off your goals.

- **Headaches**
- **Fatigue**
- **Gastro Upset**
- **Mood Swings**
- **Strong Cravings**
- **Yeast Infection**

*To combat many of these symptoms, ensure that you are weaning away from sugar! Decrease your sugar consumption by about 20% each day over the first week. Eat fruit to take the edge off. And ensure your diet has plenty of protein and good fats to help curb cravings.*

#### LOW SUGAR CHICKPEA BLONDIES

- 1 can (15 oz.) chickpeas, rinsed and drained
- 1/2 c all natural almond butter or peanut butter
- 1/3 c pure maple syrup
- 2 teaspoons vanilla
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/3 c chocolate chips plus 2 tablespoons
- Sea salt, for sprinkling



Preheat oven to 350 degrees F and oil an 8x8 inch pan. Blend all ingredients except chocolate chips until smooth. Fold in 1/3 cup of chocolate chips. Spread batter evenly in pan then sprinkle 2 tbsp. of chocolate chips on top. Bake for 20-25 minutes. Sprinkle with sea salt.

Servings: 16 Calories per serving: 120 Fat: 6g Carbs: 13.5g Sugar: 7g Fibre: 2g Protein: 3.5g

Sources: <https://www.cbsnews.com/news/world-health-organization-lowers-sugar-intake-recommendations>,  
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