

THE SCOOP ON SUGAR

NOVEMBER

Too much sugar can have serious health consequences.

Here's why it's important to understand the risks and reduce sugar intake:

DANGERS OF EXCESS SUGAR INTAKE

Weight Gain: Sugary foods are high in calories but low in satiety, promoting overeating and belly fat.

Chronic Disease Risk: Excess sugar raises blood sugar and insulin, increasing the risk of type 2 diabetes, heart disease, and fatty liver.

Dental Issues: Sugar feeds mouth bacteria, causing plaque, cavities, and decay.

Mood & Energy Swings: Sugar causes energy spikes and crashes, leading to irritability and fatigue.

Inflammation: High sugar intake fuels chronic inflammation linked to arthritis, heart disease, & cancer.

STEPS TO REDUCE SUGAR INTAKE

Check Labels: Watch for hidden sugars like sucrose, corn syrup, and fructose.

Choose Better Drinks: Opt for water, unsweetened tea, or black coffee.

Cook at Home: Control ingredients and avoid hidden sugars.

Pick Natural Sweets: Replace desserts with fresh fruit.

Cut Back Gradually: Reduce sugar slowly, like using less in coffee.

