

Giving Up on SUGAR

by Margy Squires



America's Sugar Diet

According to the U.S. Department of Agriculture, the average American eats about 100 pounds of sugar a year or 30 teaspoons a day. Compare that with the few pounds a year Americans dieted on in the 1800s. While taste may be an acquired art, not so with sugar. Seems even babies lean naturally toward a sweet preference. With zero nutrients, fiber and enzymes, what is sugar good for?

Too much dietary sugar means more pounds and an increased risk of diabetes, obesity, high blood pressure and heart disease, anxiety, depression, fatigue, headaches and certain cancers. Two time Nobel Prize winner Linus Pauling states to be healthy, give up one food: *sugar*.

Where's all this sugar coming from? The American Heart Association cites two sources, naturally occurring sugars in foods (fruits, veggies, grains) and the worst kind, sugar *added* to food. In fact, sugar is in so many foods, it's hard to find foods *without* sugar. Although soda is guilty of 16 teaspoons of sugar per 20 ounce bottle, don't miss what's lurking in yogurt, ketchup, soups, canned fruit, sauces, dressings as well as the obvious breads, and desserts.

HOW MUCH?

Teaspoon Limit per Day

Children = 3-4

Adult women/teens = 5

Adult men/teens = 8-9

Source: Amer. Heart Association

To evaluate your "sugar" status, ask your health care provider for a fasting blood sugar, A1c and/or insulin test. If you're labeled with the ever increasing diagnosis of "pre-diabetes" due to borderline blood sugar levels, it's time to give up on sugar.

Shopping for Sugar?

One of the best ways to avoid "added" sugar in your diet is to keep it out of your shopping cart by reading food labels. Think twice if sugar is in the first three ingredients. Look for common sugar names (see I SPY box). Don't be surprised to find not one but two or more sugars listed!

READ THE LABEL

Food labels list sugar in grams.

4 grams of Sugar = 1 teaspoon

_____ grams ÷ 4 = _____ teaspoons

(Example 28 grams ÷ 4 = 7 teaspoons)



Be wary of "diet" and "health" food or drinks. Think low fat means diet? Hmm. Sweetener can be added to enhance taste and your waistline. Some "vitamin waters" have 32 grams of sugar. Nothing healthy about that! The simple rule is if it is processed, read the label and calculate the sugar content.

What to choose instead? Ah, think nature. Food outside the box or can. Fresh produce. Organic unprocessed meats and fish. Water as your first drink of choice.

I SPY SUGAR

There are more than 57 kinds of sugar added to foods. Here are some common names.

Agave*
Brown Rice Syrup
Cane Juice
Corn Sweetener
Dextrose
Fructose
Fruit Juice Concentrate
High Fructose Corn Syrup
Honey*
Lactose
Maltodextrine
Maltose
Molasses
Sucrose
Tapioca Syrup

*Even too much plant sugar is not good for you!

Continued

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continued

The Tests

A1c

Normal	less than 5.7%
Pre-Diabetes	5.7% - 6.4%
Diabetes	6.5% or higher

FBG

Normal	less than 100 mg/dl
Pre-Diabetes	100 mg/dl – 125 mg/dl
Diabetes	126 mg/dl or higher

Source: www.diabetes.org

In fact, some foods will become “too sweet” for you if you try to sneak them back on your plate! When it comes to sugar, less is definitely more – healthier that is.

For additional tips on how to cut sugar, read my Q&A with nutritionist Alisha Chasey, *Sugar, not too sweet for health*, and *The Pre-Diabetes Predicament* in the TyH Online Health Library at www.e-tyh.com. Read up on 5-HTP, CoQ10, vitamin D3 and alpha lipoic while you're there!

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Supplements for Sugar Control

Specific nutrients help stabilize the sugar roller coaster like chromium GTF and alpha lipoic acid. 5-HTP supports mood and curbs sugary cravings. Taking a multi-vitamin and mineral supplement offers nutrient balance for your body systems overall. Some research indicates that CoQ10 levels are low in “pre-diabetes” as well as in diabetics so you may want that in your antioxidant arsenal. Finally, vitamin D3 appears to improve insulin sensitivity so maintain a normal D3 blood level for that benefit as well.

Clear the Cupboards

To make room for your new healthy choices, clear out those cupboards! Before you know it, you'll be eating less than the American Heart Association's recommendations for sugar limits.

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Get with the Program™ Blood Sugar Health

- ◆ Multi-Gold™ (4/day)
- ◆ Fibro-Care™ (4-6 Caps/day)
- ◆ Alpha Lipoic Acid (100 mg 3x/day)
- ◆ Buffered C (1000 mg/day)
- ◆ Omega-3 (Fish or Flax)
- ◆ CoQ10 (100 mg 1-2x/day)

Source: *The Pre-Diabetes Predicament*

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Health POINTS

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