

Breaking Up With Sugar

Linda Illingworth BS, RDN
linda@mylwi.com

#1 Drink more water

- Stop drinking soda and sugary beverages, and don't replace with diet versions
- Water is what you were born to drink.
- Your requirements are 1/2 of your weight in ounces each day



Divided by 2 =

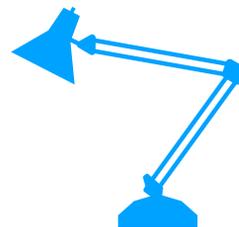


- Dilutes the blood
- Conducts electricity—nerve impulses and muscle contractions
- Flushes out metabolic waste products and toxins
- Keeps cells hydrated so they can operate efficiently
- Water is what you were born to drink.

#2 Learn to live with less. Read labels to identify the amount of sugar you consume.

Limit your Intake

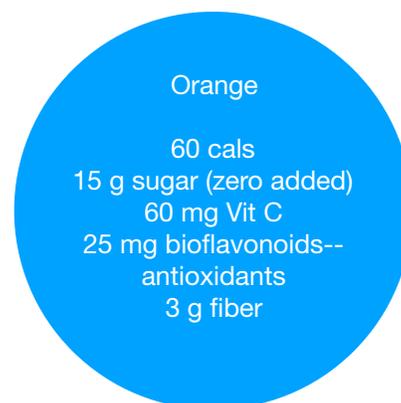
| | | |
|----------|------|-------|
| Women | 26 g | 6 tsp |
| Men | 36 g | 9 tsp |
| Children | 9 g | 2 tsp |



- Limit sweet treats to no more than twice a week—this isn't deprivation.
- Plan a sweet treat for two days of the week. Choose something that gives you the most joy.
- Control portion size.
- One half to one cup or about 200 calories from a sweet treat is a good limit.

#3 Stop stressing about fruit!

Mother Nature packages fruit in CONTEXT. Fruit sugar is consumed with a myriad of other nutrients that fight cancer and heart disease. Mother Nature's sugar is a great stepping stone to a sugar free life!
Include 2-3 pieces or cups of fruit each day.



While the bad news you hear about sugar is mostly true, there is room to enjoy some of the wonderful concoctions on this planet. But for every few grams of added sugar you eat, there's usually 30 minutes (or more) of exercise lacking in your life. Remember that sugars as a class of nutrients are fuel, and if you aren't using the fuel you consume that's a big problem whether from sugar, fat or to a lesser extent protein.

Practical steps everyone should take:

Read the labels in your fridge and pantry. Toss out any products that contain sugar that simply shouldn't:

- Salad dressing
- Yogurt
- Pasta sauce
- Soups
- Broths---yes broth
- Packaged mixes: rice, pasta, soup, seasonings
- Cereals with more than 2-5 g sugar per 1 cup serving
- Crackers
- Frozen meals
- Frozen waffles, french toast, pancakes
- Anything else you find that is not a sweet treat

Sweet treats: either toss them out or severely limit. If it's around, your brain will suggest you eat it.

- Keep honey and 100% fruit spreads, toss jelly, jams, preserves--unless homemade with love
- Cookies--toss them
- Ice cream--toss it, replace with 1 pint of favorite flavor preferably non-dairy and lower in sugar--may have in 1/2 cup portion twice a week
- Dark chocolate--keep it! 72% or darker cacao is lower in sugar/higher in flavanols
- Caramelized nuts--toss them
- Baking mixes--keep them if no added sugars
- Cake/cookie mixes--toss them
- Candy--toss it, even if made with natural sugars

Hidden simple carb and might as well be sugar--toss it:

- Veggies sticks--rice flour with veggie powders
- Potato chips--root chips may be kept
- Crackers made with refined flours (white stuff, orange stuff too)
- Cereals containing refined flours, even if they boast whole grain
- Cereal bars
- Protein bars with added sugars or artificial sugars or excessive dates

What else have YOU found?
