



Hold the Sugar

How much sugar do you consume in one day? It is something many of us should be asking ourselves.

Sugar is found in surprising places: fruits, vegetables, milk as well as not-to-surprising places like desserts and sweets. A major concern with excessive sugar consumption is that it may lead to coronary heart disease, according to the American Heart Association, and Americans are consuming 22 teaspoons of sugar every day.

As a general guideline, women should be consuming no more than six teaspoons a day and men should not consume more than nine teaspoons per day. These numbers do not include the natural sugar found in fruit, vegetables and dairy products.

Trying to avoid unhealthy foods is a good way to start improving your health because most foods high in processed sugar are also high in fat and calories. Avoiding excessive sugar consumption is easier said than done. A few simple steps can help you eliminate most of the high sugar foods you may be eating.

1. Read nutrition labels. Keep below the six or nine teaspoons of sugar per day depending on your sex.
2. Replace a can of soda with a glass of water. Increase water intake until you have completely quit soda.
3. Moderation is key.
4. Watch out for condiments and salad dressings. Sugar can sneak in where you least suspect it. Other foods to be aware of are spaghetti sauces, crackers, fruit juices, syrups, flavored coffees and some breads. If you are not reading labels, you may be going well above your recommendations for sugar intake.

Understanding what to look for on a nutrition label will help you consume less sugar. If the ingredients list includes: sugar, corn syrup, fructose, dextrose or evaporated cane juice, then it is a better choice to pass on that item.

For even more educational resources, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or Sharon.Rateike@forthc.com.

