

HOW TO AVOID ADDED SUGARS

The place to start is accepting that there is absolutely no nutritional reason you need to eat any form of added sugar, cooked sugar, sweet drinks or sweeteners of any kind. We eat sweeteners for pleasure only. You can get all the glucose your body needs from vegetables, legumes, grains and meat.

Follow these tips to reduce the amount of added sugars in your diet.

20 TIPS TO AVOID ADDED SUGARS	
Tip #1	Don't skip meals. When you are very hungry, it's easier to overeat. Remember that all sugars are simple carbohydrates and metabolize very fast. That's why we reach for them when we're uncomfortably hungry.
Tip #2	Snacking on foods rich in fiber is helpful. (Apples, vegetables, whole grains.) Your blood glucose will stay stable, and you won't feel desperate to reach for a sugary treat.
Tip #3	Plan ahead to have healthy snacks available. Take a trip down the fruit aisle or your supermarket. At your local coffee shop, buy an apple, orange or banana for a snack later in the day.
Tip #4	Visuals matter. Don't leave sweetened food sitting around. Keep temptation off your kitchen counters, your desk and out of your refrigerator. Keep a fruit bowl with fruit like apples out in a central, easily-seen place in your kitchen.
Tip #5	If you are at work and can't avoid seeing donuts or other sweets, chew a piece of sugarless gum and try to turn away.
Tip #6	Limit candy, baked goods and sweet desserts to pre-arranged small portions arranged carefully on a plate and don't give yourself more than three mouthfuls. See <i>Habit #4: Learn and Practice Portion Control</i> to tips on how to be successful limiting yourself.

Tip #7	Never eat out of wrappers.
Tip #8	Don't tempt yourself by going into bakeries or looking at candy displays. Out of sight, out of mind.
Tip #9	Have water, unsweetened coffee or tea always available to help control the urge to put something in your mouth. Carry sugarless gum with you all the time.
Tip #10	Juice is not your friend. Eat a piece of whole fruit instead. Commercially processed "juice" may be mostly sugar water. Read the label to know what's inside the bottle. You'd be better off learning to drink water and avoid juice.
Tip #11	Avoid processed foods whenever possible. Buy whole foods instead.
Tip #12	If you must eat at a fast food place, don't order soda with sugar and never order milkshakes. Water and diet sodas are a better choice.
Tip #13	Never buy sweetened sodas from a vending machine.
Tip #14	Read the nutrition labels when you buy packaged foods. Select for brands that have fewer grams of sugars per portion. 1 gram = 4 calories.
Tip #15	Remember your sugar limits for good health, according to the American Heart Association. For women: 100 calories = 25 grams or 6 teaspoons. For men: 150 calories per day = 37 ½ grams or 9 teaspoons.

Tip #16	Get enough sleep. This is very important! Sleep and being well-rested is critical for weight control. Being sleep deprived affects your judgment. See <i>Habit #1: Get Enough Sleep</i> .
Tip #17	Reduce alcohol to one drink per day. Wine and beer are nothing but sugars and drinking impairs your judgment.
Tip #18	Make a list of sugary foods to severely limit or avoid entirely and post it where you will see it frequently. My list includes: sodas, juices and any sweetened drinks, beer, wine, table sugar, brown sugar, molasses, any yogurt with sweetener, sweet bakery products and bread with sweeteners (read the label!), maple syrup, jams and jellies with sweetener, peanut butter with sweeteners, beer, wine, ice cream and sweet frozen desserts.
Tip #19	Enlist a friend or family member to help you. Having personal support is very important to stay motivated. Ask someone you know who also would benefit from eliminating added sugar in their daily diet, and ask if s/he would like to practice these tips together with you.
Tip #20	Take control of your power as the consumer! Stop being manipulated by advertisements selling you sweetened products. Remember that sweeteners are inexpensive ingredients so the more you buy, the food companies want to make profits. It's impossible to avoid food advertisements, but you can learn to see them for what they are: just sales tools to get you to buy products with a high profit margin. Instead, believe that you have power as a consumer to influence the food market. Invest your money towards your health, not a company's bottom line. Buy food without added sweeteners

For more information read *Weight Control That Works: 10 Daily Habits to Lose Weight, Keep it Off & Love Your Body*