



WAYS TO COMBAT SUGAR CRAVINGS



Did you know that we consume two kinds of sugar? Natural sugar is found in fruits, vegetables and whole grains. It gives your body energy as you digest these foods and has even been shown to lower the risk of diabetes and heart disease.¹

On the other hand, sugar that is added to food and drink products to increase flavor or extend shelf life is called added sugar, which can increase the risk for health problems.

Sources:
1Health.Harvard.Edu/Heart-Health/The-Sweet-Danger-of-Sugar
2WellNotes Monthly Health Challenge - January 2025
3Heart.org/EN/Healthy-Living/Healthy-Eating/Eat-Smart/Sugar/Tips-for-Cutting-Down-on-Sugar



WHY EXCESS ADDED SUGAR IS BAD FOR YOU

Consuming too much added sugar can increase your risk for²:

- Weight gain
- Tooth decay
- Heart disease
- Stroke
- Diabetes
- Liver damage
- Kidney damage
- Depression
- Dementia
- Memory loss
- High cholesterol
- High blood pressure
- Certain types of cancer



WAYS TO MODERATE SUGAR

- **Toss the table sugar:** Reduce or stop adding sugar to things you eat every day (i.e., coffee, tea, cereal, oatmeal)³
- **Swap out the sugary drinks:** A lot of sugars are hidden in juices, energy drinks and soda, so switch to water or unsweetened and diet drinks to get your fix
- **Go from added to natural:** Instead of adding sugar to your food to make it sweet, enjoy naturally sweet things like fruit, which contains natural sugars
 - Avoid canned fruit in heavy syrup and make sure to look at the labels of dried fruit to make sure there are not added sugars
- **Half it:** When making your favorite baked goods, cut out a third or half of the sugar the recipe calls for
- **Use flavor extracts:** This can help you reduce the amount of added sugar while adding a sweet taste
- **Spice it up:** Make foods more flavorful by adding warm spices like cinnamon to sweeten up foods
- **Get saucy:** Switch out added sugar with unsweetened applesauce in recipes.
 - It's a one-to-one ratio when substituting!
- **Use low calorie sweeteners when necessary:** Use in moderation when necessary as you adjust your diet to get rid of added sugars