

TAKE CHARGE OF YOUR HEALTH

Cut Back on Sugar

The National Institutes of Health estimates that U.S. adults get around 15% of their calories from added sugars. That sugar intake doesn't even include natural sugars, like those found in fruit and milk. Reducing the amount of sugar in your diet can help reduce your risk of chronic health conditions including obesity, heart disease, Type 2 diabetes, and high blood pressure. Take charge of your health today by cutting back on sugar.



Read labels carefully

Many processed and packaged food contain added sugars. Check ingredient lists for syrups and words ending in "ose", like sucrose, fructose, and maltose.



Limit fruit

Natural sugars are the best option to satisfy your sweet tooth, so don't feel guilty about eating fresh fruit. Watch out for processed versions like dried fruit though, since these are typically high in added sugars.



Focus on protein and fat

Fill up on quality protein and healthy fats to help prevent a blood sugar drop. Nuts, avocados, and hard-boiled eggs can be a quick, sugar-free blood-sugar stabilizer.



Substitute with spices

Enhance foods with spices instead of sugar. Replace sugar with sweet-smelling spices like cinnamon, ginger, nutmeg, and vanilla when baking.



Drink more water

Water is best—so skip or limit your intake of soda (even diet soda), fruit juice, sports drinks, and energy drinks. Watch what you're putting in your coffee, too.

Provided by Integrity Consulting Group

104 Interchange Plaza, Suite 202, Monroe Township, New Jersey 08831
(888) 737-4313 customerservice@integritycg.com



INTEGRITY CONSULTING GROUP
Employee Benefits Specialists