

## **GOT A SWEET TOOTH?**

Unfortunately, sugar is one of the most harmful parts of a typical Canadian diet. Refined sugar contributes to obesity, tooth decay, nutrient deficiencies, diabetes and since it increases cholesterol levels, plays a role in cardiovascular disease. Refined sugars also contribute to behavioral problems in children and fatigue in both adults and children.

Sugar supplies the body with large amounts of calories, but with no nutrients. High sugar diets actually deplete our nutrients since we must use vitamins and minerals to process the sugar we eat. Therefore, our need for additional vitamins and minerals is higher if we're eating large amounts of sugar.

Unfortunately, since sugar is so addictive and so easily available, it can be quite difficult to remove from our diets. Refined sugar shows up in many foods on the supermarket shelf – foods like spaghetti sauce, salad dressing, crackers, breads, canned soups, soft drinks, flavoured yogurt – it's everywhere!

### **Tips to reduce your sugar intake:**

1. Start reading your food labels. Food producers try to mask the amount of sugar in their products by using a variety of added sugars with different names such as: high fructose corn syrup, glucose, fructose, maple syrup, brown rice syrup, barley malt, dextrose, molasses, sorbitol, evaporated cane juice, honey, brown sugar.
2. On food labels, ingredients are listed by weight in descending order. Thus, if sugar is the first ingredient listed, that means the product contains more sugar than any other ingredient. If a sweetener appears near the beginning of the ingredient list, that food should be avoided.
3. Use of artificial sweeteners, including aspartame, sucralose and acesulfame can disrupt the body's ability to gauge calories and lead to overeating. Use of artificial sweeteners encourages our taste buds to desire more sweet foods.
4. Eat sweets only as occasional treats, not as every day indulgences.

SOURCE: **DR. AMANDA GUTHRIE**, BSc, ND, Naturopathic Doctor  
28 Park Road (Yonge & Bloor), Toronto, ON M4W 1M1  
416.944.9186 [WholeHealthToronto.com](http://WholeHealthToronto.com)

