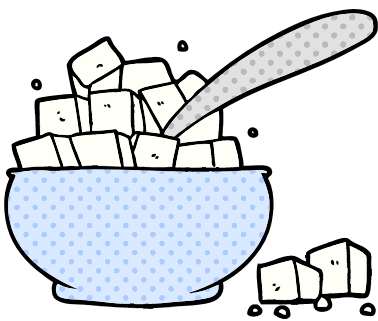


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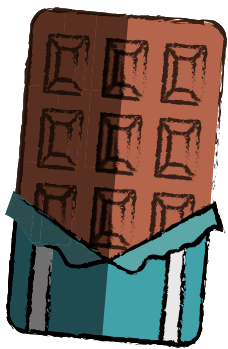
# SUGAR SMART TIPS

These quick tips are handy to keep your sugar intake in check.



## WATCH SUGAR LEVELS

There are daily sugar amounts for men, women and children that you should be aware of. Men = 36g, Women = 20g, and Kids = 12g. To give a little perspective a single 12oz can of soda contains around 12g of sugar and a single slice of whole wheat bread has approx. 6g.



## EAT THIS, NOT THAT

Replace your regular candy bar with organic chocolate that has at least 70% cacao. Buy Trader Joe's GF rolled oats (1/2 cup = 1g sugar compared to 1 packet of Quaker Instant Maple = 12g). Buy Bob's Red Mill organic 7-grain pancake mix (1/3 cup = 2g sugar compared to Bisquick Complete whole grain 1/2 cup = 6g).



## SHAKE UP THE ROUTINE

If you're a soda lover, drink your full sugar bottle one day and then a smaller portion the next and finally start swapping out your soda every other serving for water. If it's ice cream or sweets, don't buy it to keep at home, go out for a treat on set days like Friday or Saturday.



## WALK IT OUT

Anytime you start getting that craving for sweets and sugary stuff go for a walk. Research tells us that 15 minutes of walking can curb a craving for that candy bar by 12%. If you can't take a walk just don't sit there cause that will make the cravings more intense.



## WATCH SNEAKY SUGAR

Marketers have done an excellent job at selling us things that we believe are really healthy for us. Natural sweeteners fall in this category including popular products like agave. Agave has more fructose than even high-fructose corn syrup. Fructose is what we want to steer clear of if we can. Honey is a better alternative if you gotta have it.



## BEWARE OF SMOOTHIES

Your smoothie and smoothie bowls are real life sugar bombs to your system. Juicing your fruits and veggies is a legit way to get those needed nutrients, but too much of even natural sugars can do more harm than good. Try using avocados as a smoothie base instead of bananas and cut your sugars by over half.