

# HEALTHY HINTS

Just for the HEALTH of it!™

WEEK 4: Eliminate WHITE Sugar and maintain sugar consumption.

"The American Heart Association recommends that women consume NO more than 6 teaspoons (25 grams) of sweetener per day and men NO more than 9 teaspoons (38 grams)." Says Erin Palinski-Wade, RD. "If you don't add sugar to food, you may think you are in the clear, but on average, most of us consume as much as 20 teaspoons of sweetener per day," a HUGE amount of empty calories that can lead to weight gain and increase your risk for disease. <http://www.everydayhealth.com/pictures/high-sugar-foods-youre-probably-eating-every-day/>

Here are some common foods that have sugar HIDDEN in them!

1. Yogurt with fruit! Who'd a thought?!?! **19 grams per cup!**



2. Canned Soup?!? **15 grams!**
3. Salad Dressing! (That healthy salad just became unhealthy!) **4 grams per tablespoon! YIKES!**
4. Tomato Sauce. **12 grams hidden in half cup.** (Corn Syrup)
5. Bread-they sneak in **2 grams per slice** (sugary sandwich...check labels)
6. Granola Bars-some have **9 grams**

of sugar per bar!

7. Dried Fruit-a handful can contain up to **29 grams of sugar!**
8. Orange Juice-**9 grams in one glass** (almost the same as a soda!)

