

Take control of your health – one spoonful at a time.

Novant Health Employer Solutions

Eating too much sugar raises blood glucose, prompting the pancreas to release insulin. Constant high sugar intake overworks the pancreas and can lead to Type 2 diabetes when insulin production stalls or resistance develops.

Why cut back on sugar?

Too much sugar can lead to:

- Increased risk of Type 2 diabetes
- Heart disease and high blood pressure
- Brain fog and mood swings
- Weight gain and fatigue

Know your limits

American Heart Association guidelines suggest:

- Men: Less than 35 grams (9 teaspoons) of added sugar a day
- Women: Less than 25 grams (6 teaspoons) of added sugar a day

Healthy swaps that work

- Cut the sugar drinks: Drink plain or flavored water instead of sugary beverages such as soda, energy drinks, sports drinks, juices or lemonade.
- Reduce sugar added to coffee, tea and foods.
- Use spices such as ginger, allspice, cinnamon or nutmeg as a flavor substitute for sugar.
- Opt for "natural" over "added" sugar.
- Use low-calorie sweeteners to mimic sugar.

At the store

Compare nutrition labels and choose products with the lowest amounts of sugar.

Understanding nutrition labels

Focus on the amount of sugar per serving and the serving size.

- Sugar free: Less than 0.5 grams of sugar per serving; contains no ingredient that is sugar
- Reduced sugar or less sugar: At least 25% less sugar per serving than a standard serving of the original variety
- No added sugar: No sugars or sugar-containing ingredients added in processing
- Low sugar: No established definition for this claim

Small changes = big results

Reducing sugar can help:

- Stabilize blood sugar levels
- Boost energy and focus
- Improve skin and sleep
- Lower your risk of chronic disease

Monitoring your sugar intake is crucial for heart health, especially if you have diabetes or prediabetes.

Consuming added sugars in sweets and drinks can cause weight gain and raise blood glucose.

Your health is worth it. Sweeten life the smart way.

To locate a primary care provider for assistance lowering blood sugar, visit **NovantHealth.org**.

