

## How to Decrease your Sugar Consumption

Lots of people wonder if the first thing I will recommend is giving up sugar!

Why you would want to decrease your sugar consumption?

Many people have blood sugar dysregulation

Sugar is the root cause of so many diseases

Sugar leads to inflammation

It decreases immune system function – in healthy adult males with no chronic underlying conditions, immune function was decreased for up to 72 hours with 36 grams of sugar consumed in a 24 hour period.

Sugar feeds yeast and unhealthy gut bacteria

1. Establish a baseline
  - Track how much sugar you are consuming
  - Include natural sugars and fruit
  - Write it down by hand OR
  - Use a website or app -- cronometer or my fitnesspal
2. Aim for less than 36 g/day for healthy adult men for all sugars including natural sugars from fruit
  - Women 25g/day
  - Kids 12 and under 18g /day or less
3. Learn all the different names of sugar
  - There are more than 20 different names for sugar on food labels
4. Get rid of what you don't want to eat
  - Move it out of sight
  - Give it away
5. Make healthier swaps
  - Fruit over processed treats
  - Water instead of juice or soda or other sweetened drinks
6. Decide not to buy foods with sugar in the store
  - Only eat sweet treats that you make at home so you choose healthier options and control the amount of sugar
7. Not sure that sugar really affects your body? Get a glucometer and see for yourself how your body responds to sugar

Any questions, please contact me! amyboNTP@gmail.com

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