

Complete Health Truths

Exploring natural health by getting back to the basics.

Truth About Sugar

By Christina Mroz, Weight Loss/Health Coach

Interesting Facts on Sugar

1 Candy Bar has the same amount of sugar as 10 apples.

1 Tablespoon of honey supplies the nutritional value of 1 piece of fruit.

The body can only digest 1-2 pieces of fruit or 2 Tablespoons of honey in one hour.

The average American consumes 175 pounds of sugar per year. That is 300,000 calories per year, 800 calories per day.

Fruit drinks, fruit beverages, fruit punch contain anywhere from 1-40% of fruit juice but also contain loads of sugar and high-fructose corn syrup. Whether fresh squeezed or store-bought an 8 ounce glass of juice has 8 teaspoons of sugar.

Consequences of Sugar in Your Diet

Sugar creates the demand for more sugar, which raises insulin levels. **This signals the body to store fat.**

Sugar even feeds cancer cells.

Sugars also triggers a mineral imbalance in the body. For example, chromium and zinc are often depleted when large

amounts of sugar are consumed. Depleted zinc makes your taste buds become dull. Sugar also has an impact on the absorption of calcium.

Other Names of sugar

Sucrose, dextrose, fructose, lactose, dextrin, maltose, monosaccharides, disaccharides, syrup

Look at labels, even if it say NO sugar, it still may have these other types of sugars.

Did You Know?

Sugar is also in canned vegetables, ketchup, salad dressing (tomato sauce cannot be sold as “catsup” if not sugared). That is why fresh or frozen fruits and vegetables are the best for you to eat.

Aren't Fruits High in Sugar

Yes, fruits are high in sugar. However, the best way to consume fruits without affecting your insulin level is to consume them in whole form, with skin on.

Substitute for Sugar

Honey. Raw honey contains minerals, nutrients, and healthy bacteria for your digestive system. Raw honey is

unheated, and cloudy. This type of honey needs to be spooned from a jar, not poured.

Stevia is also a great substitute for sugar. It does not affect insulin levels as dramatically. It can be found in most health food stores.

Resources and Further Reading:

(Decide for yourself if you need to eliminate sugar from your diet.)

Healthy for Life by Dr. Ray Strand

Dr. Mercola's Total Health Cookbook & Program by Dr. Mercola

The Great Physician's RX by Jordan Rubin

The Seven Pillars of Health by Don Colbert

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