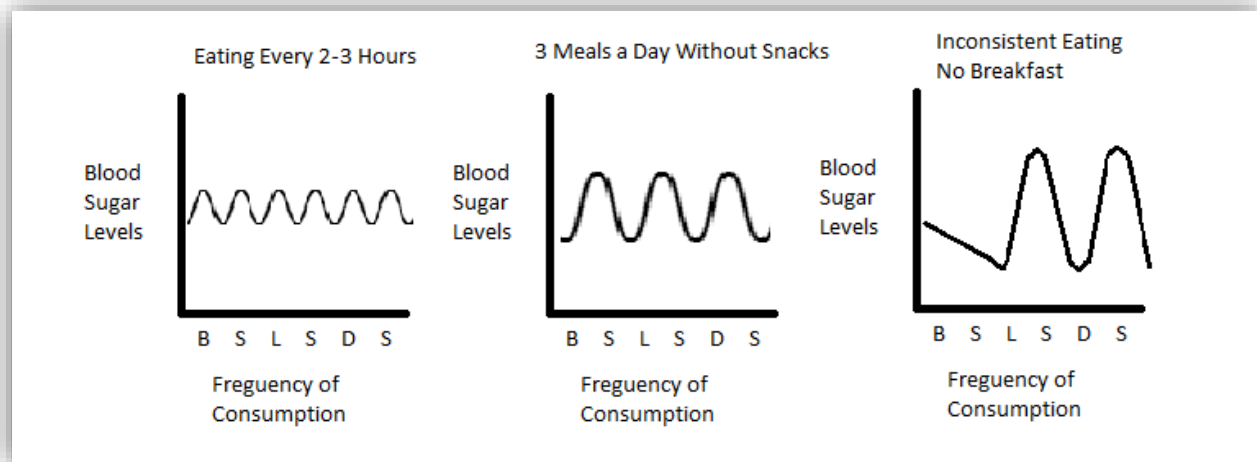


THE IMPORTANCE OF BALANCED SUGAR INTAKE

Controlling our blood sugar levels is the most important component to weight loss. The more consistent we can have our blood sugar levels throughout the day the better. This is why we recommend eating every 2-3 hours throughout the day. Below you can see an example of regulated blood sugar levels in the graph on the far left of the page. As you can see with the middle graph and the far right graph the longer we go between meals the more dramatic our blood sugar lows and highs directly after consumption. Another note to mention is that when we wait longer between meals we feel very hungry before food consumption therefore tend to over eat, reach for less healthy food options and crave sweets. Please view the graph below (note that the frequency of consumption refers to B = breakfast, S = snack, L = lunch, and so on);



High Sugar Foods & Beverages to Avoid

1. Flavored yogurts
2. All fruit juices & pop
3. Low fat products – often contain more sugar to make them taste better.
4. Cereal containing sugar. This includes most cereals, even healthy marketed products such as Vector, most granola cereals, and Special K Vanilla Almond cereal. Try to find a cereal that contains 5g or less of sugar per cup of cereal.
5. Meal replacement beverages
6. Most energy bars and protein bar contain sugar alcohols.
7. Candy, cookies, ice cream, popsicles, freezes, deserts pastries, cakes and bar, muffins, etc.
8. Some store bought salad dressings, sauces and dips.