

WEEK 2: SUBTRACT

Sugar & Ultra-Processed Foods

IS SUGAR REALLY THAT "BAD"?

Unfortunately, the large quantities of sugar consumed by most Americans is much too high. There is increasing evidence that sugar has detrimental effects on virtually every aspect of our body. Although the impact sugar has on our waistlines is common knowledge, far less attention has been given to the negative impact high sugar consumption has on our brain health, from cognitive function to psychological well-being.

HOW MUCH SUGAR SHOULD WE CONSUME EACH DAY?

The American Heart Association recommends limiting added sugar consumption to:
KIDS 12g, WOMEN 25g, MEN 35g



WHAT ARE ULTRA-PROCESSED FOODS AND WHY ARE THEY SO "BAD"?

About 60% of calories consumed by American adults are from ultra-processed foods.

These foods are typically the result of intensive manufacturing processes and made mostly of substances *extracted from foods*. They contain dyes, added flavors, sugar, salt, fat, artificial colors and preservatives and are stripped of their basic nutrients. Examples include: fast food, chips, frozen meals, processed meats and cheeses, packaged soup, store-bought cakes and cookies and more.



STRATEGIES TO REDUCE CONSUMPTION:

- **Make small, gradual changes.** In continuance with last week's water challenge, replace sodas with water, or opt for fruit instead of chips.
- **Shop the store's perimeter.** Fresh produce, meat and dairy is typically located around the store perimeter. Load up on healthy foods before you venture into the center aisles, filled with temptation.
- **Plan ahead.** Be prepared for when hunger strikes by having a healthy snack and water on hand.
- **Read labels.** The fewer ingredients listed, the better. If you can't pronounce the ingredients in your food, it's more than likely these foods are highly processed.
- **Cook more.** Home cooked meals have declined significantly over the past 70 years. Studies show that people who dine together have better eating habits, such as enjoying more vegetables and less fried foods.
- **Consider the source.** If you have a hard time determining where a food originated, odds are it's highly processed.

UNSTOPPABLE