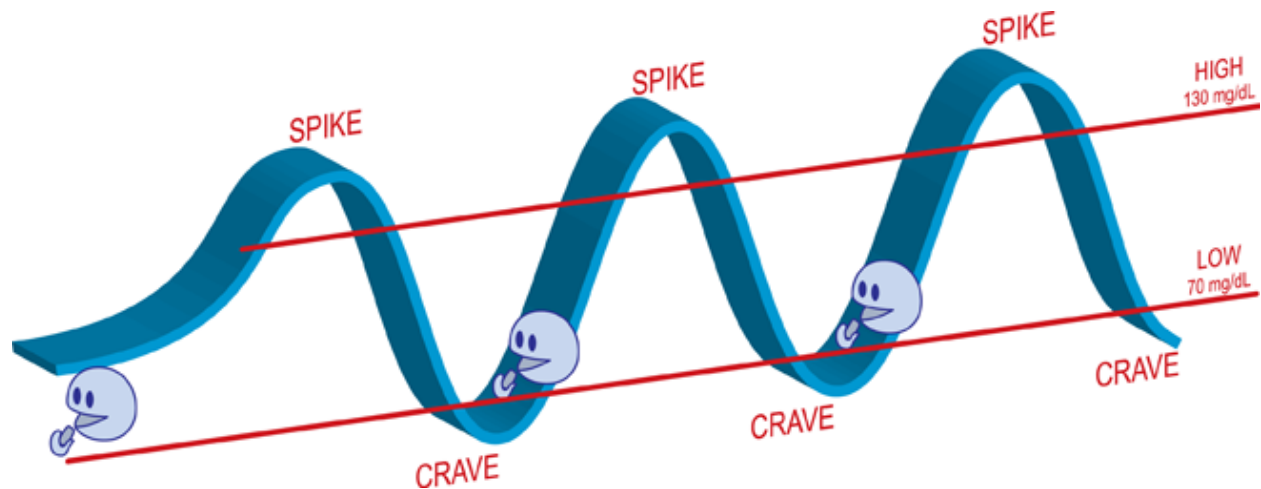


Sugar Highs and Lows

Consuming processed sugars causes your blood sugar to spike. This results in a brief burst of energy followed by a crash after which you will feel sluggish and crave more sugar. These cravings create a cycle of high sugar consumption. The sharp rise and fall in blood sugar can increase the risk for developing diabetes and cause continued grogginess and low energy. Snacking on natural foods like fruits and nuts will maintain a steady blood sugar level for consistent energy throughout the day.



Other Names for Sugar

There are many different names for sugar used on ingredient lists. Every ingredient listed below is just another word for sugar with the same adverse health effects.

- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Syrup
- Corn syrup
- Sucrose
- Dextrose

Here is an example of one ingredient label which lists six different forms of sugar in a single item!

INGREDIENTS: enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn syrup, sugar, soybean and palm oil, corn syrup solids, dextrose, high fructose corn syrup, fructose, glycerin, contains 2% or less of cocoa, modified corn starch, salt, calcium carbonate