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A quarterly newsletter of INVEST EAP

M E S S E N G E R A INVEST EAP P

Supporting a Healthy Organization

Cut Down on Sugar for a Healthier You!

Most of us love sugar because it sweetens our lives. Besides, who doesn't like to celebrate a birthday or event with a cake or cookies? However, so much of the sugar we consume is hidden in the packaged food and drinks we get at the supermarket that we don't even know how much we eat every day. Americans suffer from a whole host of lifestyle-related health issues, like obesity, high blood pressure, diabetes, and heart problems, just to name a few. It turns out that sugar consumption can play a big role in many of these problems. The medical evidence is overwhelming: too much sugar is bad for you. Here are some of the ways that consuming too much sugar can be harmful:

1. can cause weight gain
2. can increase your risk of heart disease
3. has been linked to acne
4. increases your risk of Type 2 diabetes
5. may increase your risk of certain cancers
6. can increase your risk for depression
7. may accelerate the skin aging process
8. can accelerate cellular aging throughout the body

9. drains your energy after a brief energy spike
10. can lead to a fatty liver
11. increases kidney disease risk
12. negatively impacts dental health
13. increases the risk of developing gout
14. accelerates cognitive decline and may increase the risk of dementia

Part of the problem with eating too much sugar is that added sugar is found in about ¾ of all packaged food. Sure, you know that certain foods and drinks will have lots of sugar – think sodas and sweets like candies and doughnuts. But sugar and sweeteners that act in the body like sugar are found in foods and drinks ranging from ketchup, peanut butter, and yogurt to fruit juices and sports drinks. And these sweeteners have dozens and dozens of different names such as high fructose corn syrup, barley malt, dextrose, and rice syrup. A good strategy is to READ THE LABEL! Nutrition labels now tell you how much added sugar is in the product you are looking at.

Here are some suggestions for snacks and drinks to keep in the lunchroom or break room at work:

- unsweetened seltzers
- unsweetened ice teas (with or without lemon)
- nice cold water – add a splash of

lemon juice

- plain unsweetened yogurt – add some fresh or frozen berries for a real treat
- nuts, such as almonds and walnuts and cashews
- trail mix with nuts and fruit and maybe some chocolate to replace cookies and candies
- sliced raw veggies such as carrots, celery, cauliflower, and broccoli, with a low-sugar dressing or dip

You have the power to make good choices. There are so many good reasons to consider cutting down on your sugar intake. Reading the labels when shopping can help you identify the products high in added sugar. A lot of people find that it helps to surround themselves with healthy alternatives at work and at home. You will feel and see the difference. If you need help lowering the amount of sugar you consume, Invest EAP is here to help! Give us a call at 1-866-660-9533 to see how we can help you achieve your health goals.

RESOURCES

- <https://www.healthline.com/nutrition/too-much-sugar>
- <https://sugarscience.ucsf.edu/>

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EAP SERVICES

EAP is here to help. For more information about articles in this newsletter, or any other EAP-related topic, please call one of our trained counselors at our toll-free number:

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