

## Addicted to Sugar?

WHETHER YOU BELIEVE SUGAR ADDICTION IS REAL OR NOT, YOU MAY HAVE CRAVINGS THAT ARE HARD TO OVERCOME. HERE'S HELP. *BY Gale Maleskey, MS, RD*

**I**F YOU'RE LIKE MOST AMERICANS, YOU'RE EATING A LOT OF SUGAR—ABOUT 150 POUNDS A YEAR, or 22 teaspoons a day—well over the recommended limits of 6 teaspoons for women and 9 teaspoons for men. About 120 pounds of that is from processed foods, says Dr. Jacob Teitelbaum, author of *The Beat Sugar Addiction Now Cookbook*. The type of sugar—high-fructose corn syrup or cane sugar, for instance—isn't as important as the amount, Teitelbaum says. "People are getting up to one-third of their daily calories from sugar and white flour, and it's creating an epidemic in Type 2 diabetes and obesity." If you're wondering whether you're addicted to sugar, you probably are, Teitelbaum says. His suggestions for cutting back on the sweet stuff:

\* **Go cold turkey on the worst offenders:** sodas, sweet tea, energy drinks and some sports drinks and juices.

\* **Satisfy your sweet tooth with stevia,** a natural, no-calorie sweetener available in products like Truvia and Stevia in the Raw.



For sugar-busting recipes from Teitelbaum's book, go to [Spryliving.com/sugarfree](http://Spryliving.com/sugarfree)

\* **Read labels to figure out which foods you eat have the most sugar.** Divide the sugar grams per serving by 4 to convert to teaspoons. "If it's 1 or 2 teaspoons per serving, you might be OK with that," Teitelbaum says. "If it's 7 teaspoons per serving, you might say 'No way.'"

\* **Include protein in meals and snacks** to keep your blood sugar stable.

### FIVE SURPRISING SUGAR SOURCES

- spaghetti sauces
- white hamburger and hotdog buns
- deli meats
- canned corn and peas
- canned soups
- low-fat salad dressings

