



*Choose Life
Now*

A Christ-centered support and learning center to come along-side men and women who want to submit their bodies to Christ and develop a lifestyle of health.

Clean Eating

The best thing you can do for your health (and weight) is to clean out hidden sugars from your diet so you really can enjoy the sweet life you want!

The truth is food manufacturers have packed foods with sugars in ways and in volumes that most people don't even know about! And it's not just "the granulated white stuff" we think of when we imagine sugar. Over the past 40 years, new forms of sugar have entered into food processing at an almost criminal rate!

Think of this: today, most American adults consume 2/3 of a cup of added sugar every single day! That computes to 130 pounds of added sugar a year! And most folks don't even realize it! These are not the "naturally occurring sweeteners" found in fruits and other foods. These are added sweeteners – over and above. And one of the reasons these added sugars are hidden . . . is because they now go by about 50 different names. Unaware, it's not uncommon to consume 250g or added sugar in a 24 hour period whereas the safe zone for sugar intake is 25g of added sugar per day.

Health experts agree that the avalanche of sugar in most peoples' daily diets is at the very center of the health crisis in the United States and other parts of the world. Clearly overweight and obesity are an easy-to-see result. But there are also 100 million Americans with diabetes or prediabetes. High LDL (the kind you want to keep at a low count), high blood pressure, heart disease, inflammation, early onset Alzheimer's and premature skin wrinkling are all linked to eating too much sugar.

So what can you do about it? Start eating clean! That means eating more foods that are "closer to the ground" such as fruits, vegetables, whole grains, legumes, nuts, seeds, lean beef and poultry, good quality seafood and low-fat dairy. Eliminate soda and sweetened drinks from your daily diet. One can of Coke has 39g of sugar and a sweetened drink like Snapple Ice Tea has 36g of sugar!

Read the labels on prepared food items! Even those that say "low fat" are often packed with sweeteners to enhance the flavor. Also, watch out for restaurant foods . . . they too can be packed with sugars.

Does this mean you will never again have a can of Coke or a glass of sweetened iced tea? No! But limit your intake to occasion. Keep in mind that you want to be wise and healthy with only 25g of added sugar per day! Consider using some of the great natural sweeteners. Stevia is a very sweet herb and now comes in granulated forms to add to your cereal, coffee or tea . . . and it's calorie-free!

You will be amazed at the quick response your body will have when you become wise about the amount of added sugar you allow in your diet. Give it a go . . . and be blessed as you give your body what it needs for good health!