



## **LABEL READING FOR SUGAR**

Refined sugar is often responsible for many common chronic complaints. It is very addicting and not easy to give up. If you remove it from your diet for just 2-3 weeks, you will may be amazed to find joint and/or muscle pain improve, energy increase, headaches disappear, sleep more restful, and bloating and gas resolve. Refined sugar shows up in subtle ways in many processed foods. Read labels with the following in mind:

- Ingredients are listed by weight in descending order. Sweeteners should never be the first ingredient. They should be listed toward the end in the list of ingredients.
- Watch for sugars using different names on the label, e.g., corn syrup, high fructose corn syrup, fructose, dextrose, glucose, molasses, sorbitol, evaporated cane juice, honey, brown sugar, maple syrup, brown rice syrup, barley malt. A product may contain more than one kind of sugar.
- Artificial sweeteners, including NutraSweet, don't have the same effect as refined sugar, but they can make some people crave the real thing. It's best to avoid those as well if you can.

## Educational Program

How many calories  
Do you need  
To keep  
Your cells  
Healthy?

For Information , call us :

(514) 848-1135

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