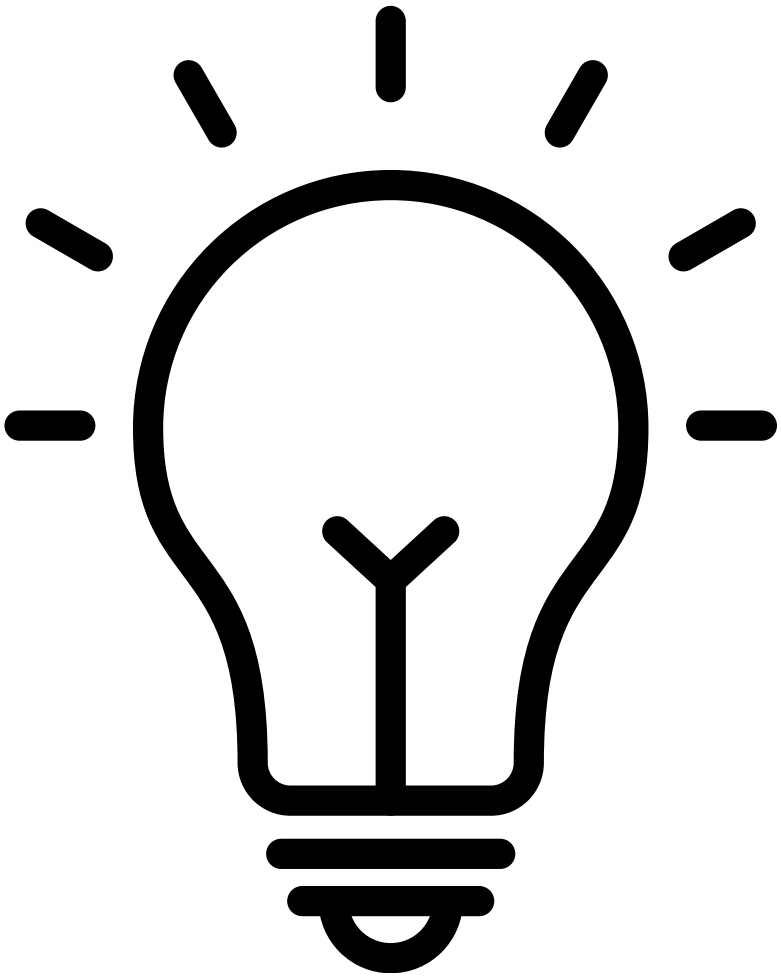

Tips to Reduce Sugar Intake

Canadian Cancer Society

Healthy Workplaces

Powered by iA Financial Group

Tips to Reduce Your Sugar Intake

Canadian Cancer Society | Healthy Workplaces | Powered by iA Financial Group

Check nutrtion labels to help you avoid foods high in added sugar. If **glucose**, **honey**, **corn syrup**, **fructose**, **maltose** or **dextrose** are listed in the ingredient list then sugar has been added.

D**rink water** instead of soft drinks and juice drinks. You can also try diliting fruit juice with sparkling water if you find It hard to give up soft drinks.

Eat healthier fats: Healthy fats stabilize blood sugar levels and keep us feeling full over a longer period of time. Examples are nuts, seeds, and fish.

Use more "sweet" spices to satisfy your sweet tooth: Examples are vanilla, cinnamon, nutmeg, funnel seed and cardamom. They all have unique sweets tastes and can be used in baked goods, coffee, smoothies , oatmeal & more.

E**at foods that are rich in magnesium:** Magnesium deficiency often leads to sugar cravings, because magnesium regulates glucose, insulin and dopamine Eat more dark leafy greens, avocados, raw nuts, cocoa and brown rice.

Tips to Reduce Sugar in your Diet

Canadian Cancer Society | Healthy Workplaces | Powered by iA Financial Group

Reach for Fermented foods: Fermented foods and other sour foods are really great for tuning down the volume on sugar cravings. Examples are kimchi, sauerkraut, kefir, tempeh, kombucha, and yogurt

Get up and go. When a sugar craving hits, walk away. Take a walk around the block or [do] something to change the scenery,

Getting enough Sleep: Aim for 8 hours of sleep. Being sleep-deprived every now and then happens to all of us. but becareful of being chronicaly low on sleep because this will increase sugar cravings

G**radually reduce your sugar intake:** Sometimes it's hard to stop added sugar completely, as such, you can start to gradually decrease the amount of sugar you take. For example, try sprinkling a little bit of your sugary cereal on top of your healthier option at first. Then use a little less each day!