



# What happens when I reduce sugar?



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



# Positive impact of reducing sugar



Canadian  
Cancer  
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Reduced risk of some  
chronic diseases



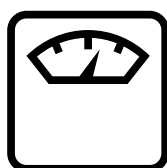
Lower blood pressure  
and bad cholesterol



Stabilize your mood



Achieve a Healthier  
Weight



Keep your brain sharp



Reduced Likelihood of  
Alzheimer's disease, dementia,  
and/or depression



Lower risk for dental  
cavities (tooth decay)



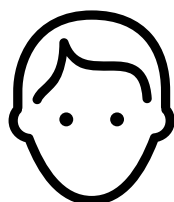
Increased energy levels



Better sleep



Keep your skin looking  
young and clear



Break your addiction to  
sweet stuff



Better finances

