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for your well-being

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# A TIP FOR TENNESSEANS

June 13, 2017

## 3 REASONS MEN SHOULD LIMIT SUGAR

Guys, before you reach for that sugary cereal or soda, listen up: The health news about added sugar might leave a sour taste in your mouth. That's because too much of the sweet stuff can:

- Mess with your hunger hormones, leading you to overeat and gain weight.
- Hurt your heart by doubling your risk for high blood pressure.
- Raise your blood sugar level and lead to diabetes.

So, how much is "too much?" Studies find that most adults get 13 percent of their calories from added sugar. That's high, considering the [Dietary Guidelines](#) say that sugar and fats combined should make up only 5 percent to 15 percent of your total calories. And men between the ages of 20 and 59 are the biggest consumers.

### How sugar hides

Read food labels carefully. If you don't see the word "sugar" listed, don't be fooled. Look for its other names like brown sugar, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, fruit-juice concentrate, honey, molasses, raw sugar, rice syrup and sucrose.

### 8 ways to sideline a sweet tooth

1. **Sip smart.** Avoid fruit, sport, energy drinks and sweetened sodas. Even 100 percent fruit juices are sugar and water in disguise. Try water or skim milk instead.
2. **Skim down the cereal.** Look for whole grain



### Use your Here4TN resources.

There are many ways to celebrate Men's Health Month this June. One way is to educate yourself on how to create and maintain a healthy lifestyle. [Here4TN](#) provides content centers like Aging Well, Exercise & Fitness, and Healthy Eating. These centers are a great place to start to support health and wellbeing. Look under the **Be Well** tab for these centers!



### QUICK LINKS

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or less per serving.

3. **Sweeten naturally.** Instead of syrup, use fresh fruit or fruit puree for a sweet treat on pancakes and waffles. Maple syrup adds about 12 grams of sugar per tablespoon.
4. **Limit alcohol.** It's made from sugar and acts like sugar in the body.
5. **Jazz up your java.** Those little flavored coffee creamers can add about six grams of sugar to your morning cup of Joe. Steep a cinnamon stick or vanilla bean in your coffee instead. Or, try a natural sweetener like stevia.
6. **Be sauce savvy.** Tomato sauce can have up to 14 grams of sugar per cup. Use crushed canned whole tomatoes to make your own sauce. One cup contains only eight grams of sugar.
7. **Control the condiments.** Barbecue sauce and ketchup are notoriously high in sugar. Try using malt vinegar to get some tangy flavor on your food instead.
8. **Simple size it.** Since cookies, cakes and candies are a big source of added sugars, don't buy large, warehouse-sized boxes. Stick to smaller, supermarket-size packages.



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References:

- "Guys: Stop Scarfing Down Added Sugar." ShareCare, Web. 11 May 2017.  
"Dietary Guidelines for Americans 2015-2020: Answers to Your Questions." ChooseMyPlate, 07 January 2016. Web. 11 May 2017.

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