



Shake the Sweet Tooth

Nearly 8 in 10 adults are trying to reduce sugar in their diets. Our bodies crave sugar at the most unusual times. It usually happens when you are trying to eat healthy and nutritious meals. Indulging in too much added sugar may increase the risk for diabetes. But did you know that increased amounts of sugar can also put you at risk for cardiovascular disease? The effects of sugar on cardiovascular health are often overlooked. Increased amounts of sugar can cause an inflammatory response that causes damage to the lining of your arteries. Low-density lipoprotein builds up within the damaged lining and causes atherosclerosis, which is the leading cause of heart disease and stroke.

Monitoring your sugar intake is important. You could be consuming more than the recommended daily sugar intake. The American Heart Association recommends that women consume no more than six teaspoons, or 100 calories, a day of added sugar and men consume no more than nine teaspoons, or 150 calories, a day of added sugar. Too much added sugar in your diet can affect your health. Added



sugars are found in the sweet decadent treats that are satisfying and enjoyable to eat. You can reduce your intake of sugar by limiting your intake of sugary sweetened beverages, baked goods, candy, cereals, desserts and other food sources with added sugars.

Manage Your Sugar Intake

- **Cut the table sugar (white and brown), syrup, honey and molasses.** Reduce the amount of sugar added to things you eat or drink regularly like cereal, pancakes, coffee or tea. Gradually cut down on the amount of sugar you normally eat by half to help you wean down. Substitute with spices instead of sugar. Try ginger, allspice, cinnamon, or nutmeg.

- **Swap out the soda.** A healthier alternative is water, but if you want something sweet and flavorful to drink, infuse your water with fruit, such as oranges, lemons, berries, or cucumbers to add flavor. Diet drinks are a better choice when compared to sugary drinks, like juice or soda.
- **Choose fresh, frozen, dried or canned fruits.** Eat fruit canned in water or natural juice. Try to avoid fruit canned in syrup, especially heavy syrup. Drain and rinse fruit in a colander to remove excess syrup or juice.
- **Check and compare food labels to select the products with the lowest amounts of added sugars.** Dairy and fruit products will contain some natural sugars. Added sugars can be identified in the ingredients list.
- **Cut the serving back.** When baking cookies, brownies or cakes, cut the sugar called for in your recipe by one-third to one-half. Often you won't notice the difference. When baking substitute sugar for unsweetened applesauce in recipes (use equal amounts).

Following the helpful tips mentioned above is a sure way to improve heart-healthy habits. For more information, visit www.GetHealthyClarkCounty.org.

COMMUNITY RESOURCES

Get It So You Don't Get It

Flu vaccines are now available for every 6 months and older at Southern Nevada Health District clinics. Visit www.snhd.info/flu for locations, and call 702-759-0650 for an appointment.

JET Foundation and Dreamsickle Kids 3rd Annual Holiday Brunch and Gift Spectacular

Saturday, December 11 • 1:30 p.m.

Las Vegas Area Council Boy Scouts of America

7220 Paradise Rd. • Las Vegas, NV 89119

RSVP at www.holidaybrunch.org

To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at harveya@snhd.org.