

## One Simple Change



**Americans are addicted to sugar**...and it is one of the biggest health threats of our time. However, most people have no clue how much sugar has been added to their yogurt, cereal, power bar, etc. If you don't know how much sugar you're consuming, how can you cut back?

An average American consumes over 100 pounds of sugar annually. According to the Department of Health and Human Services, increased consumption of added sugars, has been linked to obesity and a decrease in the intake of essential micronutrients. Added sugars can also contribute to diseases like diabetes, heart disease, and even certain cancers.

Last month we tracked our sodium intake, this time **try tracking your sugar intake for one week**. This will require you to keep a journal, and write down every bit of sugar you consume. Simply understanding what you are consuming on a daily/weekly basis can have a profound affect on you overall health, and may help you to develop some healthier habits.

Track your sugar intake and send the results to [Marcymohealth@verizon.net](mailto:Marcymohealth@verizon.net) by Monday November 16<sup>th</sup> and you will be entered into a raffle to win a \$50.00 gift card to Sports Authority.

For more information on how to track your sugar intake visit <http://www.wikihow.com/Count-Your-Sugar-Intake>  
For more information on the MNHG wellness program, visit [www.minuteman-nasohoba.org/wellness](http://www.minuteman-nasohoba.org/wellness)