

Watch the Sugar

Feeding that sweet tooth? Too much sugar creates adds unwanted calories and supplies no fiber, vitamins or minerals, creating a nutritional debt. Excess sugar also contributes to conditions like chronic inflammation, diabetes, overweight, fatigue, and candida overgrowth. Avoid artificial sweeteners. They actually contribute to weight gain and stronger cravings for sweets!

Use this space to make note of areas where you are getting more sugar than you realized. Note ways you can begin to decrease your intake of sugar.