

Eat As If You Are Allergic To Sugar

Why should I eat as if I am allergic to sugar?

When you eat sugar, your body reacts the wrong way. When we eat sugar, our bodies make **insulin** - a hormone that takes the sugar out of the blood and pushes it into our cells. However, your body over-reacts to any sugar, and makes more insulin than you need.

But every time you eat a carb, or sugar - you make **too much insulin**. Too much insulin makes your body create fat; it makes dark patches on the skin on necks and arms; it can make girl's ovaries work improperly; it will wear out your pancreas too soon, and can lead to diabetes. It doesn't make you sneeze, or get a rash, or even make you not want to eat it - but it is still dangerous to your health.

What changes should I make to my diet?

No drinks with sugar, flavorings, sweeteners. No Gatorade, no soda pop, no juice. Honey, syrup, chocolate sauce - all are sugar too.

Cut "white foods" out of your day. No white bread, no white sugar; if you have pasta, potatoes, or rice, measure it first and serve yourself ½ cup. Then fill up on more salad, more vegetables.

Snacks should be without sugar or flour; try a cheese stick, carrots and dip, apple slices.

Desserts, cookies, candy, ice cream - these are party foods, not every day foods. Eating these can make you crave them even more.

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Think **sugar free** - not **fat free** when reading labels. Home cooking is best!

**Do you want to lose weight? Get rid of the black circle on your neck?
Be healthier?**

Eat as if you are allergic to sugar

Yes, this is hard, and it is not fair. There is no medication that works as well as just turning your back on foods that contain added sugar. It helps to plan your meals so that you can resist those tempting sugary foods!

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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