HOW MUCH SUGAR ARE WE REALLY EATING AT BREAKFAST?

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DOES YOUR

BREAK FAST

HAVE MORE

SUGAR

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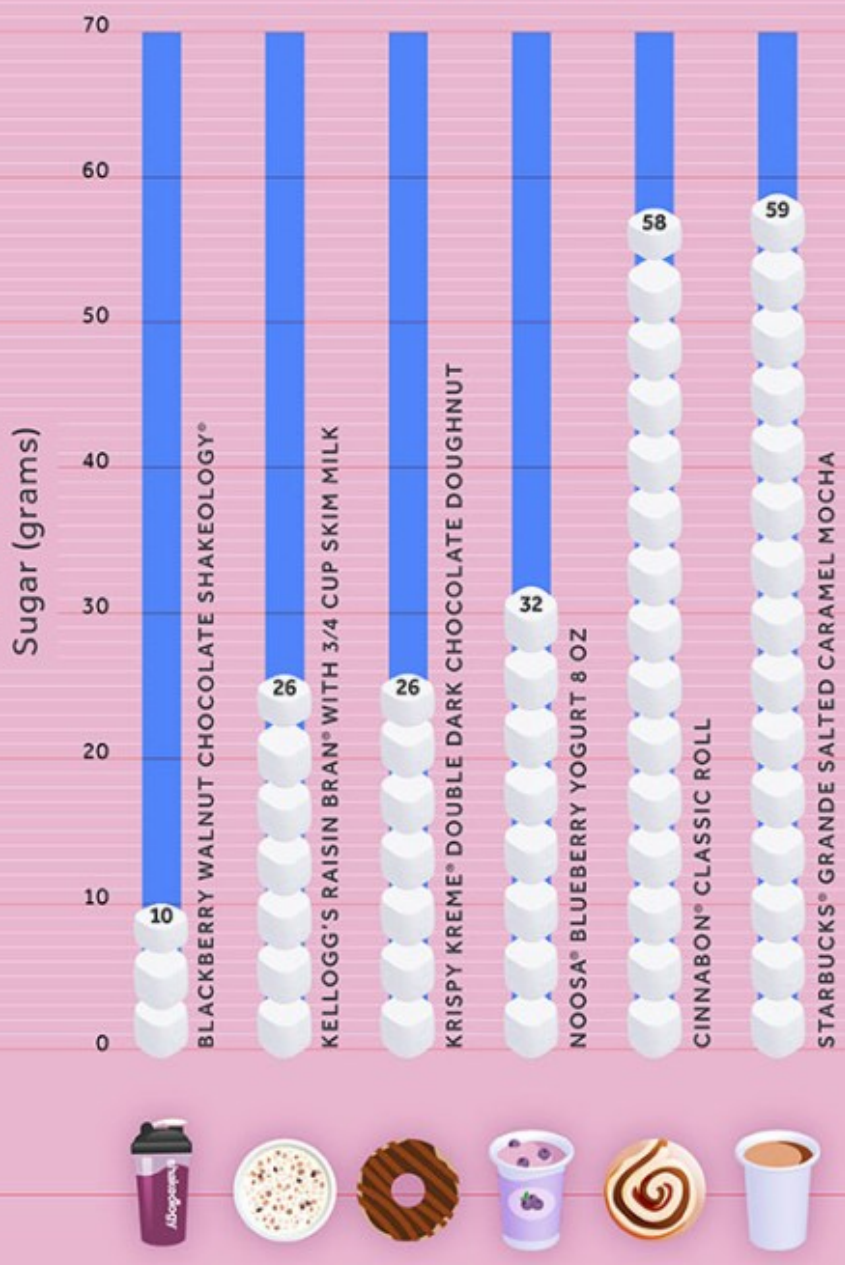

HOW MUCH SUGAR ARE YOU EATING AT BREAKFAST? Chances are, it could be **more than you think**!

With tons of sugary breakfast options like pancakes, waffles, doughnuts, and sugar-coated cereal, it’s clear that many Americans love to get the day started with a sweet treat.

But even those who opt for healthier options may be getting far more sugar than they think.

Why a Sugary Breakfast Is No Bueno

Here’s why it matters: A balanced breakfast, filled with protein and fiber, and not a lot of added sugar, has all kinds of benefits. Research shows that a nutritious, high-protein, high-fiber breakfast may help you snack less and eat fewer sugary foods throughout the day, fill you up and keep you full for longer, reduce your overall daily food intake, and support cognitive function and performance compared to skipping breakfast.

So How Much Sugar Are We Talking?

The American Heart Association recommends that women eat no more than 25 grams of added sugar (6 teaspoons) per day. Men, they say, should limit their daily intake to 36 grams (9 teaspoons).

But the reality is that the average adult eats *77 grams* of added sugar a day – three times the recommended amount for women and more than twice the limit for men. If you have children, this is a VERY important statistic to recognize. Most kids today are getting more than double their suggested daily sugar intake. More than DOUBLE, that is a problem!

“Kids” 2-18 should have less than 25 grams of added sugar a day. Next time you are standing in line at a store, pick up the nearest BAR, candy bar, muffin or treat and look at the sugar count. It may blow your mind! Even a few bowls of sugary

cereal in the morning could more than fulfill the daily allotment.

A quick primer on sugar content and deciphering food labels: There’s naturally occurring sugar and then there’s added sugar.

Fruit, starchy vegetables, and dairy products have naturally occurring sugar and aren’t generally worrisome from a health standpoint when eaten as a whole food versus juice, for example.

Where Is the Sugar Hiding?

A blueberry muffin might seem like the healthier choice at a doughnut shop when faced with rows of chocolate-frosted, rainbow-sprinkled, cream-filled O’s.

However, most blueberry muffins have more added sugar than every doughnut on the menu.

The worst sugar offenders on many menus aren’t from the bakery – they’re from the café.

A large Peppermint Mocha Swirl Frozen Chocolate from Dunkin® contains 163 grams of total sugar. You could have two slices of Chocolate Mousse Cheesecake from The Cheesecake Factory® and still have eaten less total sugar.

Try this Blackberry Walnut Chocolate Shakeology recipe with Chocolate Whey Shakeology comes in at 10 grams of total sugar, with 5 of those coming from added sugar. It’s a quick, high-protein, high-fiber, nutrient-dense breakfast that won’t load you down with added sugar, but can fill you up to help you eat less and make healthier choices throughout the day.

For anyone who has a sweet tooth as I do, don’t worry, there are PLENTY of ways to make sweet treats without blowing the DAILY sugar intake! BUT, sugar and obesity in the US is a real

concern. Start today by taking a look at your daily sugar intake, try to avoid REFINED SUGARS and be sure to eat plenty of FIBER-FILLED carbs to keep you going. Are you looking for guidance or a plan to get you set straight in the NEW YEAR? I am here to help!

Check out these SWEET TREAT ideas:

What’s better than a sweet treat? A healthy treat that is easy to make! here are just a couple of my favorites. For more ideas visit my site.

PEPPERMINT MOCHA SHAKEOLOGY BARK

PEPPERMINT MOCHA BARK

CHOCOLATE RECOVER TRUFFLES

CHOCOLATE RECOVER TRUFFLES

12 DAYS OF FITMAS!

Are you looking for a QUICK little heart-pumping way to get moving? Try this 12 DAYS OF FIT-MAS routine that can be done from ANYWHERE! By the 5th day, you are sure to break a sweat and get that heart pumping!

1: BURPEE

2: PUSH-UPS

3: X JUMPS

4: SUMO SQUATS

5: CRAB DIPS

6: BOXING PUNCHES

7: DONKEY KICKS

8: JUMPING JACKS

9: LUNGE JUMPS

10: FOOTBALL FAST FEET

11: BARRE BLEND DIAMOND HIP SWINGS

12: BOOTY KICKS

HOLIDAY HAPPINESS PROJECT

Could you use some more CLEAN EATING ideas and a few ideas for happiness this holiday season? Join me in celebrating YOU and learning to find the JOY in the season! Click the image below to join my FREE COMMUNITY! You’ll be sure to find something there you like!