

Fighting sugar addiction

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Today's presenters



Lindsay Martin | MS, RDN, LDN
Health and Wellness Program Administrator | GEHA



Coletta Meyer | MS, MCHES[®], CWPC
Manager, Health & Wellness | GEHA

Agenda

- What is sugar?
- How does sugar affect you?
- Are you addicted to sugar?
- 7 ways to fight sugar addiction
- Resources
- Q&A





How do you feel?

- Lethargic
- Headaches/
migraines
- Insomnia
- Foggy thinking
- Skin rashes
- Weight gain
- Body aches
- Muscle or
joint aches
- Cranky,
irritable
- Anxiety
- Food cravings

Source: [cdc.gov](https://www.cdc.gov)



What is sugar?

- **Carbohydrates = sugar**
- **Simple carbohydrates** include glucose, fructose and galactose
 - Processed and refined foods such as candy, syrup and table sugar, can also include fruit

Source: [diabetes.org](https://www.diabetes.org)



What is sugar?

(continued)

- **Complex carbohydrates** are two or more simple carbohydrates chemically bound together
 - Peas, beans, whole grains and vegetables such as potatoes and sweet potatoes

Source: [diabetes.org](https://www.diabetes.org)



Addiction

- Fueled by chemical reactions in the brain craving more
- Overflow of dopamine across many regions in the brain
- Building up tolerances — craving sweeter and sweeter and more and more

Source: [nih.gov](https://www.nih.gov)





Are you addicted?

Self assessment: answer true or false

- I do not eat refined sugar every day.
- I can go for more than a day without eating a sugar-containing food.
- I never have cravings for sugar, coffee, chocolate, peanut butter or alcohol.
- I've never hidden candy or other sweets around my home in order to find and eat them later.
- I can stop after eating one piece of candy or one bite of pastry.
- There are times when I have no sugar of any kind in my home.



Are you addicted?_(continued)

Self assessment: answer true or false

- I can go for three or more hours without eating and not experience the shakes, fatigue, perspiration, irritability, depression or anxiety.
- I can have candy and other sweets in my home and not eat them.
- I do not eat something sweet after each meal.
- I rarely drink coffee and eat donuts or sweet rolls for breakfast.
- I can go for more than an hour after waking up in the morning without eating.
- I can go from one day to the next without drinking a sweetened soft drink.



Hidden added sugar

- Beware of “sugar free” products
- Anything that says “sugar,” “juice” or “syrup”
- Words that end in “ose”
- Fructose – **85%** of agave
- Sucrose
- Maltose
- Dextrose
- Honey
- Sugar substitutes

Source: [cdc.gov](https://www.cdc.gov)



Why withdraw from sugar?

- Break addiction to sugar and cravings
- Lower inflammation
- Reduce symptoms

Source: pubmed.ncbi.nlm.nih.gov



Reduce symptoms or risk:

- Diabetes
- Fatty liver disease
- Heart disease
- Joint pain
- Fatigue
- Bowel issues
- Acid reflux
- Rashes
- Insomnia
- Headaches
- Excess weight gain

Source: pubmed.ncbi.nlm.nih.gov



7 steps to withdraw

- 1) **Decide** to break the sugar habit
- 2) **Rethink your drink**
- 3) **Add protein** to every meal
- 4) **Probiotics** — live bacteria
- 5) **Prebiotics** — fiber rich foods
- 6) **Manage stress**
- 7) **At least 7 hours of sleep**

Rethink your drink

- Water is best
- The brain doesn't register liquid calories
- Limit or eliminate — soda, juice, sports drinks, etc.
- Infuse your water with fruits, vegetables or herbs

Source: [cdc.gov](https://www.cdc.gov)





Eat real foods

- Eliminate processed foods, fast foods and pre-packaged foods
- Eliminate sugar, flour and artificial sugars, gluten, and MSG
- Portion control
- Build a balanced plate at meals

Source: [Cleveland Clinic](#)



Natural flavoring

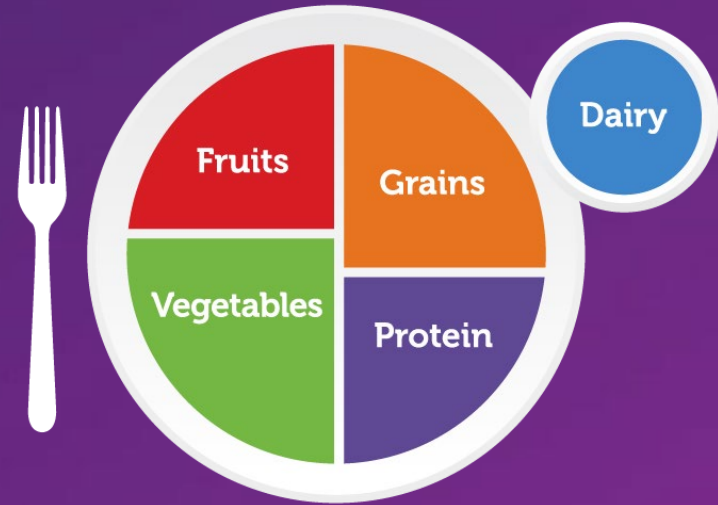
- Herbs and spices
- Fruits (bananas, mango, pineapple)
- Onion and garlic
- Citrus (limes, lemons, oranges)
- Fermentation
- Roasting

MyPlate

Use the USDA MyPlate to help create balance for each meal

- $\frac{1}{2}$ fruits and vegetables
- $\frac{1}{4}$ whole grains
- $\frac{1}{4}$ lean protein
- Low-fat dairy options

Source: [MyPlate](#)



MyPlate.gov



Probiotics

- Populate your gut with good bacteria
 - Live bacteria and yeast
- Replace good bacteria lost to infections and antibiotics
- Help move food through your gut



Probiotics (continued)

- Dairy products
 - Yogurt
 - Kefir
- Fermented or pickled food/drinks
 - Sauerkraut
 - Kimchi
 - Tempeh
 - Kombucha



Prebiotics: Fiber

- Fruits, vegetables, whole grains, legumes
- Aim for 25–34 grams of fiber daily
- Plant-based eating tied to better gut health

Source: Cleveland Clinic

Protein at each meal

- Lean meats — poultry, chicken, fish/seafood
- Dairy/plant-based “meats”
- Eggs
- Legumes, lentils, beans
- Tofu, tempeh
- Nuts and seeds, or nut butters
- Lentils, legumes, beans

Source: [nutrition.gov](https://www.nutrition.gov)





Exercise can help

Benefits:

- Reduces stress and diseases
- Managing a healthy weight
- Increases endorphins
- Lowers blood sugar and insulin

Source: **American Diabetes Association,**
American College of Sports Medicine



Exercise (continued)

**10 minutes x 3 = 30 minutes/day or
150 minutes/week**

- Walk/biking (bring a friend)
- Get fresh air
- Sunshine = Vitamin D

Start where you are!

Source: **American Diabetes Association,
American College of Sports Medicine**





Manage stress

- Find out what is causing your stress
- Look for ways to reduce the stress in your life
- Learn coping skills
- Learn to say “no” to things you really don’t want or need to do
- Ask for help

Remember: Food should not be used to reward or punish yourself

Source: [cdc.gov](https://www.cdc.gov)



Sleep is important

- Physical and mental health
- Immune system health
- Weight management
- Diabetes prevention
- Memory restoration
- Productivity and concentration
- Make better health decisions
- Aim for 7–9 hours of sleep each night

Source: **National Sleep Foundation**

Get up and go — green veggie smoothie

- ½ avocado
- 10 cubes of ice
- 8 ounces of milk (soy, almond or coconut)
- 1 Tbsp. chia and ground flax seeds
- 1 Tbsp. Matcha tea
- 1 lime freshly squeezed
- 1-2 cups of spinach





1 day sample meal plan – breakfast & snack

***8 oz of water with each meal & snack**

Breakfast

- Eggs with cooked spinach—top with fresh salsa for flavor
- Black coffee or green veggie smoothie

Mid-morning snack

- 2 Tbsp hummus w/ 1 cup raw veggies like carrots, celery, asparagus, cucumbers, etc.
- OR 2 Tbsp natural nut butter & 1 apple



1 day sample meal plan – lunch

Lunch

- Salad – build your base with 2 cups of mixed salad greens (lots of color, especially red leaves), top with 1 cup chopped salad veggies (sliced mushrooms, celery, onions, broccoli, carrots, cauliflower or other veggies)
- Toss in fresh herbs such as chives, basil and cilantro
- 2 Tbsp mixed nuts and seeds of choice
- ½ cup chickpeas or 2 hard boiled eggs (use another protein source if you prefer such as chicken, turkey, tempeh or tofu)

1 day sample meal plan – afternoon snack & dinner

Mid-afternoon Snack

- 2 hard boiled eggs and 1½ cups raw veggies

Dinner

- 2 cups steamed broccoli
- ½ baked sweet potato
- Grilled salmon filet topped with fresh salsa





Conclusion

- Understanding: sugar + addiction
- Empower change
- How to withdraw from sugar in 7 steps
- Sample meals
- FAQ
- Q&A

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Q&A



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Coletta Meyer | MS, MCHES[®], CWPC
Manager, Health & Wellness | GEHA

geha.com | wellnesswebinars@geha.com

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