
Your Guide to Decreasing Sugar Intake

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For more information: www.challengecancer.com

If you are a cancer patient, you may know that a high sugar environment can expedite cancer cell growth and depress immune system response. For you, it is especially critical to find ways to eat sensibly and minimize your cravings for sugar. Persons with consistently low blood sugar (hypoglycemia) or high blood sugar (diabetes) also need to be careful about their food selections and eating patterns.

Eating at regular meal times and consuming a whole foods diet, abundant in grains and other complex carbohydrates, vegetables and proteins can be a positive step toward regulating blood sugar levels. Remember that if you combine protein foods with carbohydrate foods, your blood sugar level tends to stabilize because the release of sugar into the bloodstream is curtailed in the presence of protein.

If you think your diet is low in sugar, read the food labels. Sugar and sweeteners like sucrose, dextrose and fructose are among the most frequently used food additives. Other sugar substances added to foods include corn syrup, honey, malt syrup, maple syrup and artificial sweeteners. Avoid hidden sugar in processed foods like ketchup, salad dressings, canned fruits, applesauce, peanut butter, frozen vegetables and soups.

Take a look at your snack foods. Do you consume a lot of soda pop, pies, cakes, cookies, ice cream, puddings, jellos, jams and jellies, sweetened breakfast cereals, cookies or candy? Consider replacing these sugary treats with fruit slices, pretzels, air popped popcorn, veggie sticks, low fat granola, unfruited yogurt, small handfuls of seeds and nuts and soy smoothies.

Dietary supplements that can help reduce sugar cravings include B vitamins, vitamin C, zinc, chromium, and adrenal glandulars. Stevia, an herb, is 200 times sweeter than sucrose and does not elevate blood sugar levels. Look for it in health food stores. Licorice and dandelion appear to work well to reduce the desire for sweets and both promote healthy spleen, pancreas and adrenal glands. If you have a history of high blood pressure or kidney impairment, do not take licorice.