

**Health and Wellness:**  
**Ha Ha Halt the Sugar for the Holidays!**  
**(Ho Ho Hold the Sugar Was Already Taken)**

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It's a given – this time of year most people increase their sugar intake. While a sweet treat is usually safe every now and then, it's best to make informed decisions all year long and especially during this more delicious time of the year. Here are some weighty facts to keep in mind:



1) Not only can sugar-related problems range from hyperactivity and chronic fatigue, but they are also associated with mood swings and depression, just to name a few.

2) Diabetes, heart disease, kidney stones and obesity are often implicated with increased sugar intake.

3) Depending on which soft drink is consumed, a typical 12-ounce can contains nine to eighteen (9-18) teaspoons of sugar – yes there are 9-18 teaspoons of sugar in a typical can of soda! Even though you might not add the equivalent of that much sugar to your drink, it has been done for you already with much of the drinks and foods that we consume. Artificial sweeteners are even

more detrimental for long-term health. (Read more at <http://www.theventionsocialworker.org/uploads/MBSH - Article 14 101203d - Aspertame.pdf>.)

4) The below links provide heart - healthy holiday eating options.

As always, you are encouraged to read as much as you can about this important topic. Here are a few links to get you started:

(1) [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Sugars-101\\_UCM\\_306024\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Sugars-101_UCM_306024_Article.jsp)

(2) <http://www.hsph.harvard.edu/nutritionsource/files/2012/10/how-sweet-is-it-color.pdf>

(3) <http://www.mayoclinic.com/health/healthy-holiday-eating/MY01046>

(4) <http://my.clevelandclinic.org/heart/prevention/askdietician/holiday-heart-healthy-eating.aspx>

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