

break your sugar habit

news that will keep you from being tempted to indulge too often.

By Elizabeth Somer, M.A., R.D.

When it comes to sugar, there's good news and bad news. First the good: It's not the evil scourge low-carb devotees and sugarphobes claim it is. You don't have to give it up to be healthy or lose weight. "People demonize sugar, but there's nothing wrong with it in reasonable amounts," says John Foreyt, Ph.D., director of the Nutrition Research Center at Baylor College of Medicine in Houston. And that brings us to the catch: Chances are, your intake is *not* reasonable, so you *are* going to have to make some adjustments. The average woman eats — ready to be shocked? — 31 teaspoons (nearly $\frac{2}{3}$ cup or 124 grams) of added sugars a day, according to the U.S. Department of Agriculture. Sure, it's no surprise that foods like jelly beans, regular soda and frosted cereals contain sugar. But most people don't realize that many healthy products — from yogurt, whole-wheat bread and chili to pasta sauce, veggie burgers and frozen turkey dinners — give you more than you may need. →

