



WELLSAID.

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Freedom From SUGAR



You're likely eating sugar throughout the day without even realizing it. Sugar is added to foods that don't even taste all that sweet. And it adds up! Slash your sugar intake now with these 10 tips.

Read food labels

Even things that you don't think are sweet, like tomato sauce, crackers, condiments, and salad dressings can be packed with sugar. Ingredients are listed in order of how much exists in the product, so if sugar's near the top, that's a red flag.

Learn sugar's aliases

Sugar hides under sneaky names, including high fructose corn syrup, dried cane syrup, invert sugar, molasses, sucrose (or any word ending in "-ose"), brown rice syrup, honey, and maple syrup.

Buy unsweetened

You'll find unsweetened versions of these common foods in most grocery stores: almond and soy milk, nut butters (made with only nuts and salt), applesauce, oatmeal, and canned fruit (packed in juice—not syrup).

You don't have to go cold turkey

You can cut back slowly. If you normally put two packets of sugar in your coffee, for instance, try one for a week, then half, etc. For yogurt, try mix half a serving of regular yogurt with half a serving of plain, or add natural sweetness with fresh fruit.

Think protein and fat

Unhealthy carbs loaded with sugar can cause blood sugar to rise rapidly (and dive just as quickly, leaving you hungry again). Instead, pair protein, healthy fats, and fiber with your meal, all of which can slow down the release of blood sugar in your body. Fats are a key player because they help keep you fuller for longer, thus helping to decrease your desire for sugar. Focus on fats like avocados, nuts, seeds, and heart-healthy oils like olive oil, walnut oil, and coconut oil.

Never go fake

You may be tempted to switch to artificial sugars for your sweet fix. But resist reaching for the diet soda, sugar-free candy, and packets of fake sugar in your latte. When you eat something sweet, your body expects calories and nutrition, but artificial sugars don't give your body those things. That may be why fake sugars are associated with weight gain—not loss.

Add more flavor

Try vanilla bean, spices, and citrus zests to add sweetness to foods without having to

use sugar—and for zero calories. Order an unsweetened latte and add flavor with cocoa or vanilla powder. Skip the flavored oatmeal and add a sweet kick with cinnamon, nutmeg, and ginger.

Don't drink it

Soda is not the only sugar-packed drink out there. Many drinks can contain more of the sweet stuff than you're supposed to have in an entire day. Case in point: "enhanced" waters (8 teaspoons per bottle), bottled iced teas (more than 9 teaspoons per bottle), energy drinks (almost 7 teaspoons per can), bottled coffee drinks (8 teaspoons per bottle), and store-bought smoothies (more than 12 teaspoons—for a small).

Enjoy dessert

You can still indulge in an occasional sweet treat. The idea is to avoid wasting your daily sugar quota on non-dessert foods like cereals, ketchup, and bread. Set specific rules about when you may enjoy dessert: as a special treat.

Stick with it!

At first, cutting down on sugar can feel like an impossible task. Eventually, though, your taste buds will adjust. Super-sweet foods like ice cream and candy will start to taste too sweet. You'll notice the natural sweetness in fruits and vegetables—and they'll taste better, too.

"In health there is freedom. Health is the first of all liberties."

— Henri-Frederic Amiel

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CONTINUED

Smooth & Full

This smoothie will actually keep you full so you won't be ravenous an hour after consuming it. It's super tasty, is packed with good-for-you ingredients:

- Frozen strawberries and blueberries
- Ripe banana
- Cinnamon (optional)
- Salt (optional)
- Milk
- Natural peanut butter
- Greek yogurt,
- Kale greens



Using a regular blender, put the frozen fruit and banana in first. Then add the milk, salt, cinnamon, Greek yogurt, and put the kale on top. Blend very well. Once it's blended add a spoonful of peanut butter and blend one last time. Add as much or as little of each ingredient as you like, depending on how hungry you are. More if it is replacing a meal, less if it is in addition to three square meals.

Some substitutions:

- Fruit – any type of frozen fruit works great. It's all awesome and allows for numerous variations.
- Banana – not necessary, but it adds a natural sweetness. You can also freeze ripe bananas and use them.
- Milk – try soy, coconut, almond, and other milks.
- Peanut butter – leave this out or substitute with fresh nuts (almonds are great) or other nut butters.
- Kale – (or spinach) don't miss out on sneaking in some extra leafy greens. You can't even taste it.
- Greek yogurt – substitute cottage cheese or even tofu. Protein powder is an option too.
- Additional ingredients – you're only limited by your imagination, or palate. You can include things like Chia and flax seeds, or anything else you enjoy.

<http://www.niashanks.com/smoothie-keeps-you-full/>

AGRITOURISM

Vacation, Farm Style



Looking for a new vacation destination? How about a farm or ranch? Farm vacations are catching on. According to FarmStayU.S., "Some participating farm-stay locations are hands-on with chores; others demonstrate...

It depends on what we do well and what we think our guests will find interesting, but usually it is about the culture of growing food that sustains us." Here is what you can expect:

- **Lodging:** Some farm stays offer rooms in the farmhouse. Others have converted old farm buildings, such as silos and chicken houses, into rooms.
- **Meals:** Most offer breakfast on the farm. Other meals depend on how the farm is operated.
- **Activities:** Some farms offer classes in cheese making, spinning, gardening, cooking, and animal photography. Many are unstructured and expect you will best feel the rhythm of the farm if you watch and listen.

FarmStayUS.com

MIND GAMES

Want to get your rear in gear for early morning fitness?

- * Wear your gym clothes to bed.
- * Put your alarm clock on the other side of the room ... look at that, you're already up!
- * Tell yourself you only have to do 15 minutes of exercise, but then add 10 or 15 more. You won't mind once you're awake and "in the zone."
- * Make a workout "appointment" with a friend — you can't disappoint your friend!



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