

## Is Hidden Sugar Sabotaging your Healthy Eating?

A Note from RAC Personal Trainer Amanda Shannon

Have you watched your diet, done endless reps and put your cardio time in all to find you're still trying to get rid of that little (or a lot) of extra fat?

Most likely, it's diet related—but to get right down to it, it's sugar! Yes, we all know sweets and heavenly baked goods are not what we should be eating; but what about the everyday “health foods” you think are healthy? Chances are unless you are eating REAL food (where the food itself is the ingredient) you're probably eating hidden sugars.

My most recent example was when I was putting together a pot of homemade soup. Sure enough, I read the ingredient label on the chicken stock and sugar was listed as an ingredient. I picked up a different brand of stock and Evaporated Cane Juice (a.k.a. a more natural form of sugar) was an ingredient. Everyday products like milk alternatives, yogurts, sauces, salad dressings, crackers and one of the hugest culprits--cereals have added sugars in one form or another.

Check the labels in your pantry. See if you can find some of the other “hidden” names for sugar: Syrups, sucralose, dextrose, cane juice, evaporated cane juice, and fructose to name a few.

Don't be fooled by sugar substitutes, try pure stevia, honey or agave nectar instead of sugar. Splenda, Sweet N' Low and Equal are toxins to your body which can cause your body to hold onto the fat you're trying to lose.

I guess the best lesson to learn here is to READ INGREDIENT LABELS.

So, kick sugar in the butt--be sure to check your labels and try to eat REAL, whole foods which will be naturally sweet—like apples, oranges, bananas and berries which also provide wonderful nutrients your body needs to be strong & healthy. You may just find you body's skin, energy and functions all improve.