



Healthy Groceries Healthy Vitamins Healthy Answers



Cathy Says... In a diet survey conducted by the USDA, the average American consumes 20 teaspoons of “added” sugar each day, double the amount the USDA recommends. In moderation, sugars can be part of a healthful diet; however, the problem comes from the type and quantity of sugar we ingest.

Unrefined sugars and starches, like those found in fruits and whole grains, are paired with naturally occurring vitamins, minerals, enzymes, antioxidants, and fiber. Besides providing nutritional value, these nutrients help your body break down the natural sugars and starches slowly to be utilized as the body requires energy. “Added” sugars tend to be more refined and are digested too rapidly by the body. Over time, this had been linked to many health issues. Consequently, actively reducing processed sugar from our diets can be beneficial to our health. When making your healthy choices remember, whether unrefined or not, sugar is best consumed in moderation. When in doubt, enjoy plenty of fresh, in season, organic fruits from Harvest Health Foods. They are sure to satisfy your sweet tooth!

