

## Reduce Added Sugar Intake: Tips for Cutting Back

## **Description**

**Editor's note:** The podcast Chasing Life With Dr. Sanjay Gupta explores the medical science behind some of life's mysteries big and small. You can listen to episodes here.

Halloween is almost here! People are thinking about costumes, pumpkins, spooky decorations, and, of course, candy. Who doesn't enjoy munching on chocolates, lollipops, and candy corn all day? But eating sugary treats all the time isn't healthy. Americans consume too much added sugar every day, which can lead to health problems like weight gain and diabetes.

Reducing sugar intake is important, but it can be hard because sugar is in many foods, from sodas to breakfast cereals. Food companies use sugar, fat, and salt to make their products more appealing. Dr. Laura Schmidt suggests avoiding sugary drinks, reducing sugar cues in your environment, and planning to deal with sugar cravings. Making desserts at home can help control sugar intake too.

We hope these tips help you manage your sugar consumption. Listen to the full podcast episode <u>here</u>. Join us next week on Chasing Life as we discuss the art of compromise.

# **Vocabulary List:**

- 1. **Consumption** /kənˈsʌmpʃən/ (noun): The act of using up a resource or the amount used.
- 2. Cues /kju:z/ (noun): Signals or prompts that stimulate a particular response or behavior.
- 3. Appealing /əˈpiːlɪŋ/ (adjective): Attractive or interesting; having a quality that draws attention.
- 4. Intake /'In.teik/ (noun): The amount of something that is taken in such as food or drink.
- 5. Reducing /rɪˈdjuːsɪn/ (verb): Making something smaller or less in amount degree or size.
- 6. Cravings /'kreɪvɪŋz/ (noun): Intense desires or urges for a particular substance or food.

## **Comprehension Questions**

### **Multiple Choice**

1. What is the main focus of the podcast Chasing Life With Dr. Sanjay Gupta?

Option: Exploring mysteries of life

Option: Medical science behind everyday happenings



Option: Reviewing popular movies Option: Discussing political issues

2. Why is reducing sugar intake important according to the text?

Option: To prevent weight loss Option: To avoid tooth decay

Option: To prevent health problems like weight gain and diabetes

Option: To increase energy levels

3. What does Dr. Laura Schmidt suggest to help reduce sugar intake?

Option: Drink more sugary drinks

Option: Increase sugar cues in your environment

Option: Avoid planning for sugar cravings

Option: Make desserts at home

4. What are some common foods that contain sugar mentioned in the text? NEWS.COM

Option: Broccoli and carrots

Option: Sodas and breakfast cereals

Option: Steak and chicken Option: Rice and pasta

5. What are some health problems that can arise from excessive sugar consumption?

Option: Increased flexibility Option: Improved memory

Option: Weight gain and diabetes

Option: Better mood

6. What step is recommended to reduce sugar cues in the environment?

Option: Display candy bowls everywhere Option: Remove all sugary items from sight

Option: Increase exposure to sugar advertisements

Option: Never talk about sugar

#### **True-False**

- 7. Reducing sugar intake is not important for overall health.
- 8. Dr. Laura Schmidt recommends making desserts at home to help control sugar intake.



9. An	nericans	consume	too	little	added	sugar	every	، dav.
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- 10. Drinking more sugary drinks is a good way to reduce sugar consumption.
- 11. Halloween is a holiday that promotes healthy eating habits.
- 12. The text mentions that food companies use sugar, fat, and salt to make their products more appealing.

## **Gap-Fill**

13. Dr. Laura Schmidt suggests avoiding	drinks to reduce sugar intake.
14. Dr. Laura Schmidt suggests planning to deal with	to help manage sugar
consumption.	
15. Americans consume too much	every day, which can lead to health problems
like weight gain and diabetes.	
16. Reducing sugar intake is important, but it can be har	d because sugar is in many
·	
17 Making desserts at home can help control	intake too

### **Answer**

**Multiple Choice:** 1. Medical science behind everyday happenings 2. To prevent health problems like weight gain and diabetes 3. Make desserts at home 4. Sodas and breakfast cereals 5. Weight gain and diabetes 6. Remove all sugary items from sight

True-False: 7. False 8. True 9. False 10. False 11. False 12. True

Gap-Fill: 13. sugary 14. sugar cravings 15. added sugar 16. foods 17. sugar

# Vocabulary quizzes

Multiple Choice ( Select the Correct answer for each question. )



1. Which medical condition is characterized by the degeneration of joint cartilage and the underlying bone?

Option: Osteoarthritis Option: Inflammation

Option: Obesity

Option: Protein Intake

2. Which nutrient is essential for tissue repair and muscle building?

Option: Protein Option: Cartilage Option: Activity Option: Harmful

3. What can trigger cravings and influence food intake?

Option: Cues Option: Relieve

Option: Consumption Option: Surrogacy

4. Which type of pasta sauce is typically creamy and rich?

Option: Casserole
Option: Alfredo
Option: Spinach
Option: Roasted

5. What can increasing protein intake do for muscle growth?

Option: Reducing Option: Boost Option: Terminated

Option: Unreliable

6. Which family-building method involves a woman carrying a child for another individual or couple?

Option: Experience Option: Surrogacy Option: Unexpected Option: Agency

7. What serves as a cushion between bones to prevent them from rubbing together?

Option: Inflammation Option: Protein Intake Option: Cartilage Option: Activity



8. What plays a key role in maintaining joint health and mobility?

Option: Harmful Option: Reductions Option: Activity Option: Cravings		
9. What do certain medica	ations aim to do for individuals with	n chronic pain?
Option: Obese		
Option: Protein		
Option: Intake		
Option: Relieve		
10. What is a substance t	nat provides nourishment essentia	I for growth and the maintenance of life?
Option: Consumption		
Option: Nutrient		
Option: Cues		
Option: Appealing		
·	anks with the correct word from	
12. What are commonly p	rescribed to help	symptoms of osteoarthritis?
13. Being	can increase the risk of	developing osteoarthritis.
14. Excessive consumption	n of unhealthy foods can be	to joint health.
15. Monitoring food	is important fo	or overall health.
16. Healthy food choices	can still be delicious and	to the taste buds.
17	stress on joints through proper	r exercise can help manage osteoarthritis.
18	vegetables can be a nutritious	addition to one's diet.
19. Eating protein-rich foo	ods can help	muscle development.
20. The surrogacy agreen	nent was unexpectedly	by the agency.



### Matching Sentences ( Match each definition to the correct word from the vocabulary list. )

- 21. The smooth shiny tissue known as ensures that bones move smoothly against each other.
- 22. Regular physical can help reduce the risk of osteoarthritis and improve joint function.
- 23. Athletes often increase their intake to support muscle repair and growth.
- 24. Water is an essential that plays a crucial role in various bodily functions.
- 25. The process of involves one woman carrying a child for another individual or couple.
- 26. Chronic joint can lead to tissue damage and further degeneration in osteoarthritis patients.
- 27. Increasing vitamin intake can the immune system's ability to fight off infections.
- 28. The facilitated the surrogacy process and matched the intended parents with a suitable surrogate.
- 29. Going through the surrogacy journey was an emotional and unique for both the intended parents and the surrogate.
- 30. A creamy pasta sauce like can be a decadent treat for pasta lovers.

#### **Answer**

Multiple Choice: 1. Osteoarthritis 2. Protein 3. Cues 4. Alfredo 5. Boost 6. Surrogacy 7. Cartilage 8. Activity 9. Relieve 10. Nutrient

Gap-Fill: 11. Inflammation 12. Medications 13. Obese 14. Harmful 15. Consumption 16. Appealing 17.

Reducing 18. Roasted 19. Boost 20. Terminated

Matching sentence: 1. Cartilage 2. Activity 3. Protein 4. Nutrient 5. Surrogacy 6. Inflammation 7. Boost 8.

Agency 9. Experience 10. Alfredo

### **CATEGORY**

1. Health - LEVEL2

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