



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 [here](#). Join us next week on Chasing Life as we discuss the art of compromise.

Vocabulary List:

1. **Consumption** /kən'sʌmpʃən/ (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** /ə'pi:lɪŋ/ (adjective): Attractive or interesting; having a quality that draws attention.
4. **Intake** /'ɪn.teɪk/ (noun): The amount of something that is taken in such as food or drink.
5. **Reducing** /rɪ'dju:sɪŋ/ (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?

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.



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9. Americans consume too little added sugar every day.
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 hard 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 medications aim to do for individuals with chronic pain?

- Option: Obese
- Option: Protein
- Option: Intake
- Option: Relieve

10. What is a substance that provides nourishment essential for growth and the maintenance of life?

- Option: Consumption
- Option: Nutrient
- Option: Cues
- Option: Appealing

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ can contribute to joint pain and swelling in osteoarthritis.
12. What are commonly prescribed to help _____ symptoms of osteoarthritis?
13. Being _____ can increase the risk of developing osteoarthritis.
14. Excessive consumption of unhealthy foods can be _____ to joint health.
15. Monitoring food _____ is important for overall health.
16. Healthy food choices can still be delicious and _____ to the taste buds.
17. _____ stress on joints through proper exercise can help manage osteoarthritis.
18. _____ vegetables can be a nutritious addition to one's diet.
19. Eating protein-rich foods can help _____ muscle development.
20. The surrogacy agreement 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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