



Can I Still Have Sugar?

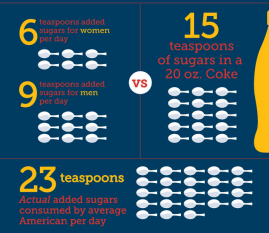
by NEWLIFEOUTLOOK TEAM

How Sugar Affects Your Gout

Sugar can contribute to gout and your gout attacks. Carbonated sugary drinks including Colas are among the worst culprits. Always check the sugar content on anything you drink, including juice from concentrate. Cherry juice can be one of the best beverages for gout. Consuming cherries has been studied to improve gout and even if there are sugars in the drink, the benefits outweigh the costs. Just be sure it's real cherry juice or else you won't get the benefits. For cooking without using sugar, there are a variety of artificial sweeteners available. Some of these may have other health risks associated with them, though. Stevia is a plant-based sweetener that's healthier than any other sugar substitutes. It is 200 times sweeter than sugar, so be sure to only use a small amount.

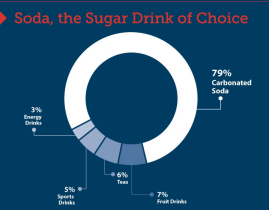
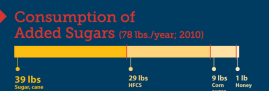
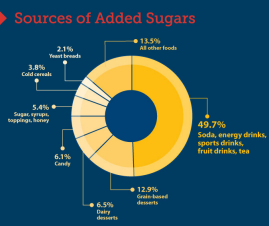
SUGAR TOO MUCH OF A SWEET THING

The American Heart Association recommends that women consume no more than 6 teaspoons of added sugars per day and men no more than 9 teaspoons of added sugars per day. Even one 20 oz. soda contains far more than that.

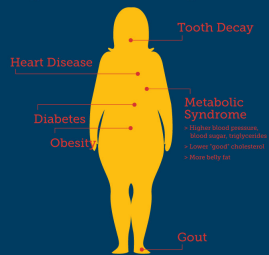


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38.6 Pounds of added sugars from sugar drinks are consumed by the average American each year



Sugar Drinks: Making Us Sick



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