Seeking sweet spot in cutting sugar intake

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Experts and companies weigh in on the matter.

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While on the move, try to eat a meal of fruits and vegetables, eat slower and chew longer. The reason is that when you eat slowly, your brain gets the signal that you are full before your stomach does. This helps you eat less. Eating slowly also helps you digest your food better.

You can also cut down on sugar by choosing fruits instead of sugary drinks. Fruits are a great source of vitamins and minerals, and they also help you feel full.

Sugar is a major contributor to the obesity epidemic. It is found in many processed foods, including soft drinks, cakes, and candy. Reducing your sugar intake can help you lose weight and improve your overall health.

Leading a healthy lifestyle is the key to reducing sugar intake. By choosing healthy foods, exercising regularly, and getting enough sleep, you can help reduce your sugar consumption.

Fruit and vegetable consumption is important for a healthy diet. Fruits provide essential vitamins and minerals, while vegetables are a good source of fiber.

Reducing sugar intake is a step towards a healthier lifestyle. By making small changes to your daily routine, you can help reduce your sugar consumption and improve your overall health.