

Mayo Clinic Minute

Take the sugar challenge

VIDEO	AUDIO
	Here's a sugary stat that might make your teeth hurt.
	We eat over a hundred pounds of sugar, on the average, in a year's time.
Katherine Zeratsky	That's a lot of sugar.
	A lot and too much, according to Mayo Clinic dietitian Katherine Zeratsky.
Title: KATHERINE ZERATSKY DIETITIAN Mayo Clinic	Our palates are so used to that super sticky, sweet, sugar taste that we're not appreciating the sweetness that's naturally in foods.
	<i>Sound of soda can opening</i>
	So, Zeratsky suggests hitting the reset button ...
	<i>Sound of soda fizzing</i>
	... with a two-week sugar challenge.
Katherine Zeratsky	Remove the sugar, the added sugar, and the artificial sweeteners.
	Some offenders will be obvious.
	<i>Sound of a buzzer</i>
Title: JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic News Network	In other cases, you'll need to read nutrition labels to see if you're eating hidden sugar. Choose foods that contain no more than 5 grams of sugar per serving.
	And try to avoid items where sugar -- or any variation of it -- is listed as one of the first five ingredients.
Katherine Zeratsky	It will be an adjustment, but in the end, I think it will wake up your taste buds.
	You may find natural sugars in whole provide all the

	sweetness you need.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.