

A recent national survey of 1,000 people, found that **4 out of 5 of us** are confused about how certain foods affect our bodies.



# CLOSING THE SUGAR GAP

Do You Know Which Foods Cause Blood Sugar to Spike?

## WHAT MAKES UP A HEALTHY MEAL?

- > PROTEINS
- > HEALTHY FATS
- > CARBS WITH FIBER



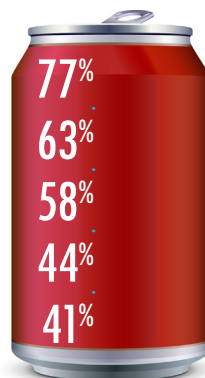
**75%**  
OF PEOPLE ANSWERED  
**WRONG**

## IS A BOTTLE OF JUICE OR SPORTS DRINK HEALTHIER FOR YOU THAN A CAN OF REGULAR SODA?

No! They affect your blood sugar the same. Here's the percentage of people who thought each drink was a healthier choice.



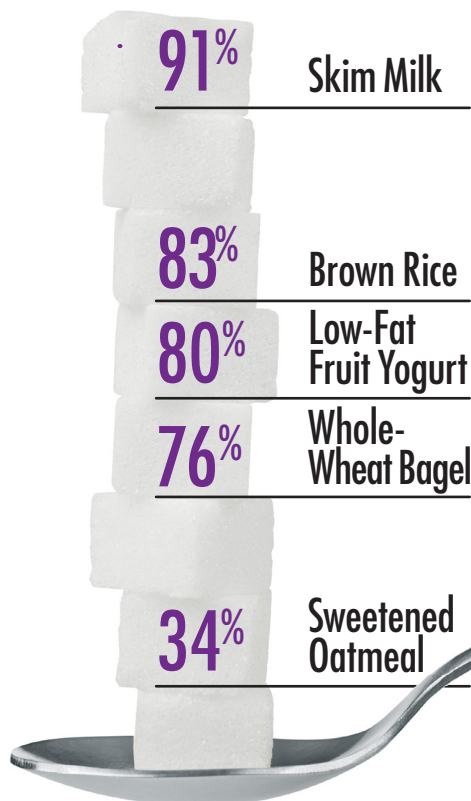
- Fresh Pressed Juice
- Apple Juice
- Orange Juice
- Sports Drink
- Fruit Punch



## THE 'HIDDEN SUGAR EFFECT' OF EATING CARBS

Nine in 10 Americans are unaware that certain foods convert to sugar during digestion.

Percentage of people who don't realize that each food below acts like teaspoons of sugar in the body.



\*Source: The Sugar Gap Study commissioned by Atkins Nutritionals, Inc.

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Generational Differences

Facts on Sugar & Blood Sugar