

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

5 EASY WAYS TO EAT LESS SUGAR



If you like sugar as much as the rest of us, there's a good chance you're going to need to eat a bit less of it to bring your diet into line.

Here are 5 simple ways to do that:

01. Reduce your consumption of sugar-sweetened beverages.

There's no denying the correlation between sweetened beverages and higher caloric intake, which can lead to excess weight, metabolic abnormalities and obesity.

So, ideally, you'd eliminate these beverages from your diet altogether.

If you want to do yourself the biggest solid, you'd drink nothing but plain ol' water.

If you just have to drink something sweet every day, though, pick something with a natural zero-calorie sweetener like stevia or erythritol.

And if that doesn't work for you, then opt for something artificially sweetened (no, it's not going to give you cancer).

02. Eat fruits instead of sugary snacks.

Yes, fruits contain sugars, but your body responds quite differently to them than highly processed foods full of sucrose and/or high-fructose corn syrup.

So when you have a hankering for sweet, don't reach for the bag of strawberry candies — whip up a bowl of actual strawberries instead (and if you want them to be really sweet, sprinkle some stevia or erythritol on top).

03. Eat fruits instead of drinking fruit juice.

There's a big difference between eating an orange and drinking a glass of orange juice. The former contains a nice dose of nutrition, including fiber to keep you fuller longer, while the latter is only a slight upgrade over a sugar-sweetened beverage.

04. Eat more unprocessed foods that you have to prepare yourself.

This isn't just a good way to lower your sugar intake — it's a good way to optimize your diet as a whole.

When you do this, you naturally increase your protein and fruit and vegetable intake and reduce your intake of processed meats, added sugars, trans fats, and other undesirables.

05. When you buy pre-packaged/prepared foods, pick low-sugar or sugar-free ones.

If you don't watch out, you can rack up some serious sugar intake just eating everyday foods like yogurt, jam, dairy products and non-dairy alternatives, salad dressings, applesauce, oatmeal, and so on.

Basically, if it comes in a jar, can, bottle, container, or tub, don't buy it before checking the ingredients label, and pass if it contains added sugar.

Remember, too, that added sugars can go by many names: molasses, organic cane sugar, fruit juice concentrate, malt sugar, corn syrup, honey, syrup, and words ending in "ose" dextrose, lactose, maltose, fructose, glucose, sucrose.

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