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

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.

- 91% Skim Milk
- 83% Brown Rice
- 80% Low-Fat Fruit Yogurt
- 76% Whole-Wheat Bagel
- 34% Sweetened Oatmeal

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.

- 77% Fresh Pressed Juice
- 63% Apple Juice
- 58% Orange Juice
- 44% Sports Drink
- 41% Fruit Punch

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

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.