

SUGAR QUIZ

Did you know that a critical part of your immune system called your “killer cells” get “dysfunctional” when you eat sugar. These specialized white cells attack and destroy bacteria, viruses and cancer cells. The more sugar you eat the less bacteria and viruses these cells destroy. They “go limp” and barely move around the body doing their job. This only happens when you eat white refined sugar, honey, and corn syrup. Fresh fruit and fruit juice does not affect your killer cells.

Take the following quiz to see how many teaspoons of sugar you are eating and then compute the percentage of decrease in your killer cell activity.

- 1—1 small chocolate bar
- 2__1 slice apple pie
- 3__1 slice pumpkin pie
- 4__1TBSP honey or jam
- 5__1/2 cup ice cream
- 6__1 2x2 inch brownie
- 7__1 12 oz. soft drink
- 8__1-glazed doughnut
- 9__1 cup cocoa
- 10__1 1/2 inch piece chocolate cake

Key: (in teaspoons)

1-(7), 2-(12), 3-(10), 4-(3), 5-(5-6), 6-(3), 7-(10), 8-(8), 9-(4), 10-(15)

6 teaspoons sugar= 25% decrease of immune function

12 teaspoons sugar= 60% decrease

18 teaspoons sugar= 85% decrease

24 teaspoons sugar= 92% decrease (almost no killer cell activity)

It takes a minimum of 72 hours to restore killer cell activity after ingesting sugar.

Be aware of hidden sugar in foods like catsup, frozen and canned foods, deli foods, sauces and marinades. Read the labels for added sugar. The average American (men, women and children) eats approximately 32 teaspoons of sugar each day per each person.