



WORK RIGHT REVIEW

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SUGARCOATED: THE CANDY MAN EDITION

BY WRNW

The onslaught of Halloween trick or treaters is over! It stands to reason there is a newly piled surplus of sugar in your home this week. (Maybe we shouldn't address the monstrous sale on overstocked Halloween candy available in the grocery aisles as you read this.) How do you tackle all of this delicious, sugary, unhealthy goodness? Let's take a look at how to process it all.



WANT TO READ MORE?
SCAN THE QR!

I WANT CANDY



Let's identify the sugar content of some of our favorite Halloween treats:

Fun size 8.6g	Cup size 8g	Fun size 9.5g	Fun size 11g
Fun size 15g	One Tootsie Pop 11g	Fun size 8.5g	One piece 3.7g
Fun size 8.5g	One Air Head 7.7g		

POUR SOME SUGAR ON ME

The [American Heart Association](#) says, men should consume no more than 150 calories, or 36 grams, of sugar per day. Women should consume no more than 100 calories, or 25 grams of sugar per day. Take a look back at individual sugar content of your favorite candies to the left. How much candy did you have on Halloween night alone?

**Total sugar intake
PER DAY**



SUGAR, WE'RE GOING DOWN SWINGING

It may not be feasible to cut it all out of your diet. The important thing is to know your facts and check the nutrition label. Also good to know? The effects of sugar on your body can be curbed with exercise! Talk with your onsite injury prevention specialist about recommendations for a regular exercise program.

Cutting your sugar intake altogether is the *best* option. Be choosy about when you indulge. Reducing sugar from your diet can greatly reduce your risk for cardiovascular disease and Type 2 diabetes.

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

