

Nine Ways to Never Feel Tired

What the Happiest, Healthiest Women You Know Are Doing Right

Vanessa Hudgens

It Girl, Animal Lover and Zac's Best Friend

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The #1 Diet Mistake Women Make

New research suggests that the sugar each of us eats (60 pounds a year, on average—that's the weight of a *third* grader!) takes more of a toll on our health than any other eating habit. Here's what every girl with a sweet tooth should know.

Women take in 335 more calories a day than we did a few decades ago, the majority of which comes from sugar, says obesity expert Robert Lustig, M.D. Drinks are the top source, but sugar's now in everything from cereal to bread, too. Research has linked it to hypertension, diabetes and increased appetite—but here's how to indulge healthfully:

- Keep intake of sugar (sweeteners added to foods, not naturally occurring ones like those in fruit) to no more than 25 grams a day—the amount in a regular bag of peanut M&M's, new guidelines say.
- Check labels. Cane juice, corn syrup and “-ose” words (glucose, fructose, sucrose) all mean sugar.
- Eat it with nuts or fruit. “In big, binge-y doses, sugar floods the bloodstream and creates problems,” says dietitian Rachel Beller, R.D. “But if you have it with some protein or fiber, that slows digestion and is healthier.” —Shaun Dreisbach