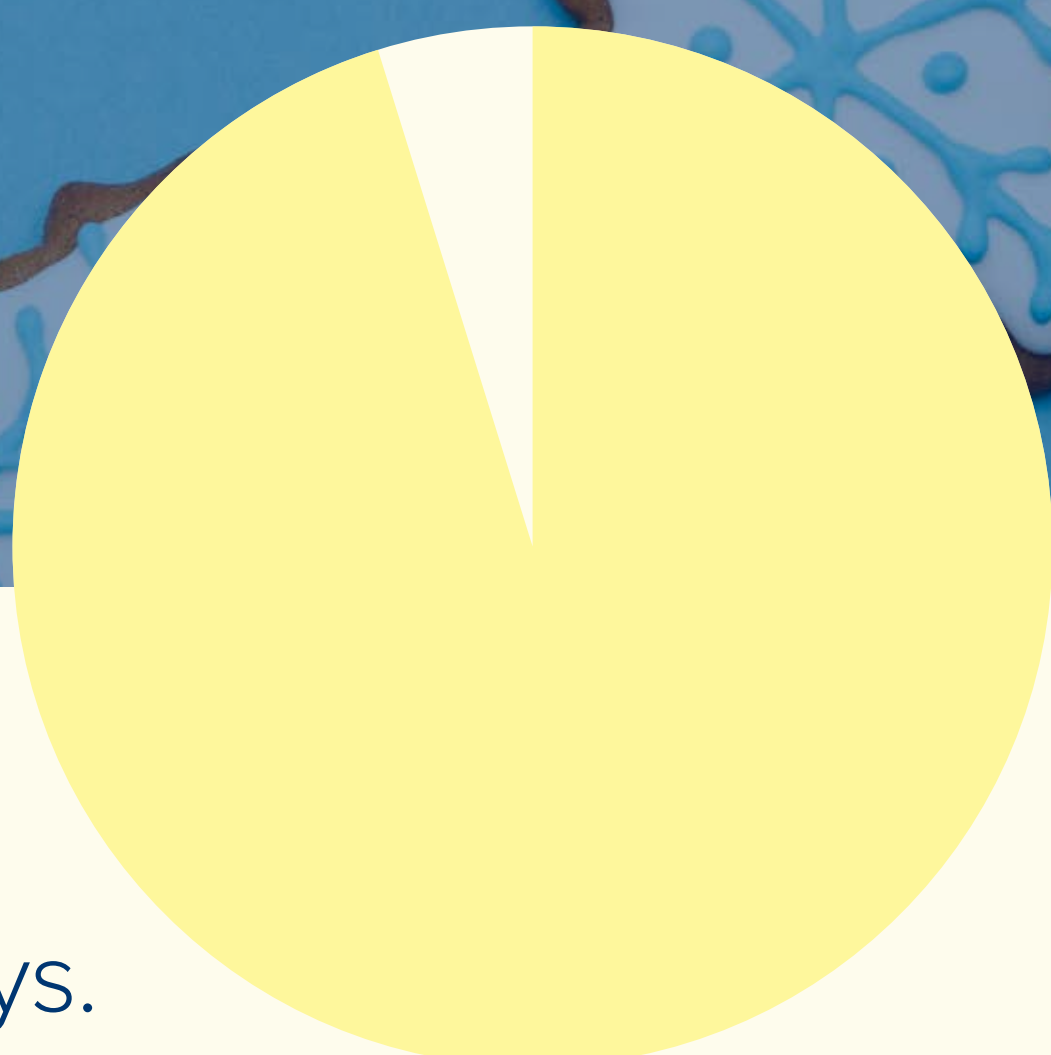


How Sweet the Holidays Can Be

The holidays are a time for family, fun, and food. But cookies, breads, pies and cakes can come packed with calories from added sugar, which could lead to holiday weight gain. Is it possible to have your cake (and pie and cookies) and eat it, too?

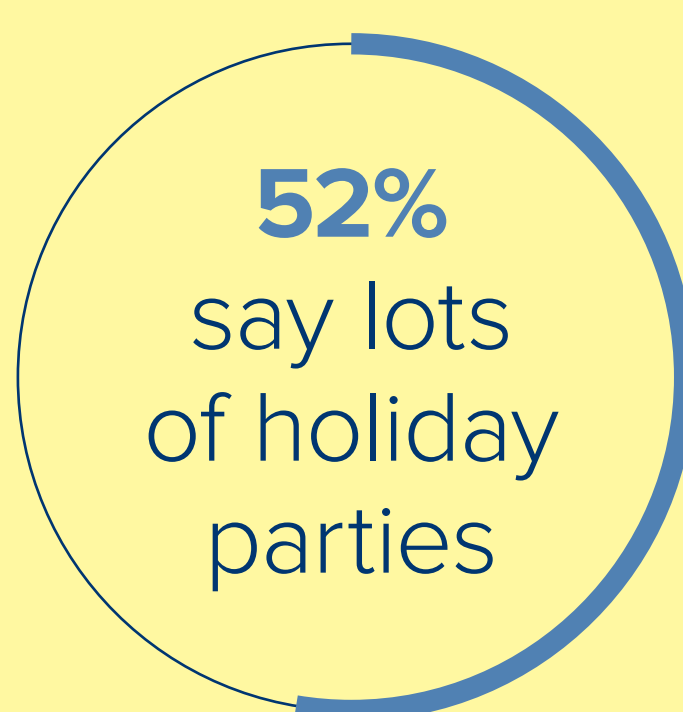
Here are the results from a November 2015 Crowdtap Internet survey sponsored by the SLENDA® Brand.

74% of those surveyed are concerned about watching their weight during the holidays.



And yet... **94%** reported that they gain extra weight during the holidays.

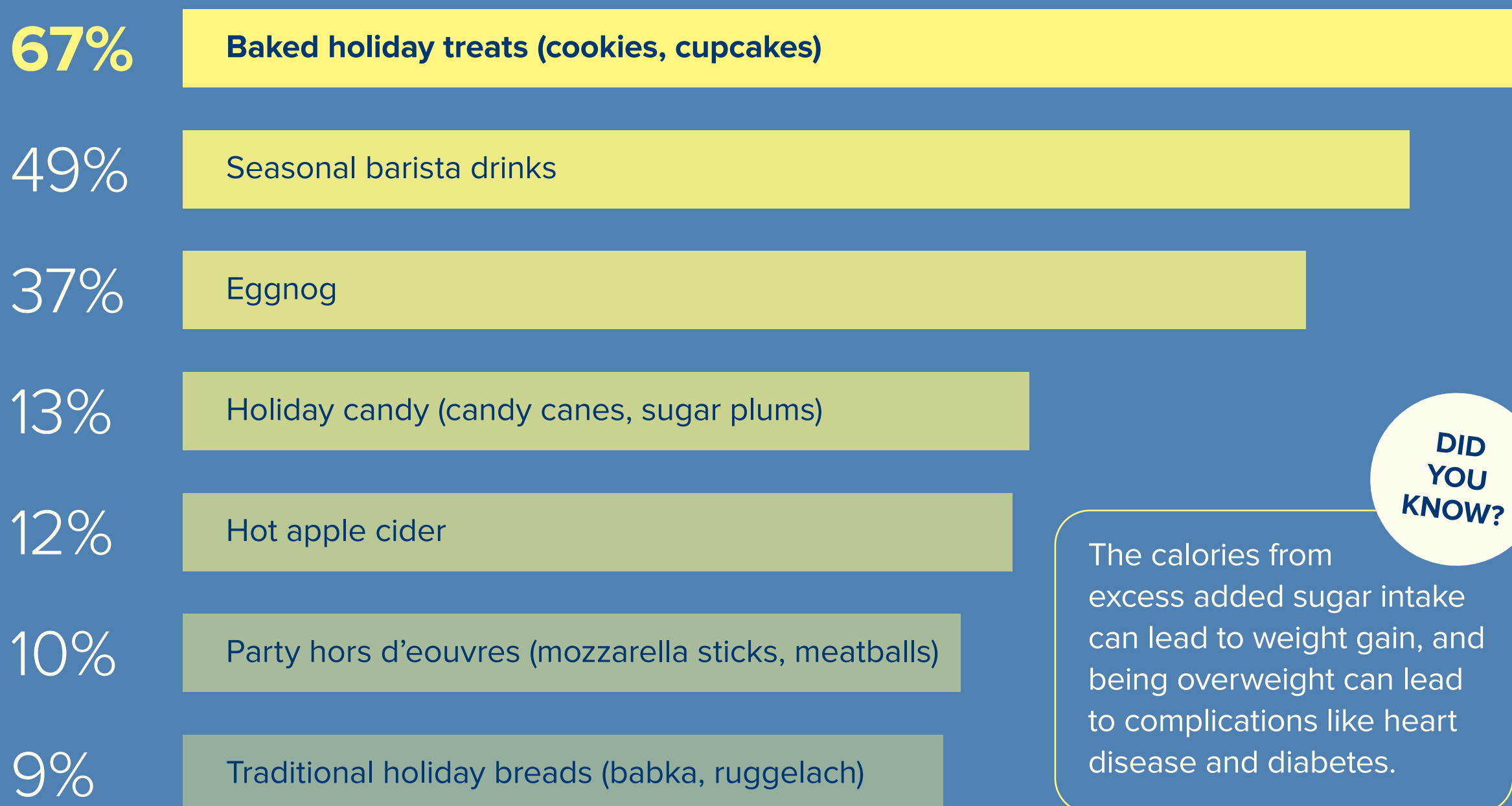
So what's to blame?



Let's talk about added sugar.

WE ASKED:

Which holiday foods do you think have the highest amounts of added sugar?



DID YOU KNOW?

The calories from excess added sugar intake can lead to weight gain, and being overweight can lead to complications like heart disease and diabetes.

All those tasty holiday treats can add up to a lot of extra calories from sugar, but...

44% forget to monitor their added sugar intake.

But there's got to be a way to enjoy holiday treats **without all the added sugar**, right?

Of course! **87%** would consider baking with **no-calorie sweeteners**. Also don't forget to watch your sugar calories from beverages!

