

September 2026

Self-Care | Made Simple – Eat Well

Self-care does not have to be complicated, but it should include actions that promote your physical, mental, and emotional health. “Self-Care | Made Simple” offers practical tips – easy, actionable steps you can take to enhance your wellbeing. This month’s focus is to “**Eat Well**” with this tip: **Be mindful of sugar—without cutting out the foods you enjoy.**

Sugar shows up in more places than we expect. While it can provide quick energy, too much added sugar can lead to energy crashes, mood swings, and increased cravings later in the day. The goal isn’t perfection or restriction—it’s awareness and balance.

Why Sugar Matters

When we eat foods high in added sugar, blood sugar levels rise quickly and then drop just as fast. That cycle can leave you feeling tired, irritable, unfocused, or craving more sweets. Over time, regularly relying on sugary foods and drinks can make it harder to maintain steady energy and support overall wellbeing.

Simple Ways to Manage Sugar

You don’t need to eliminate sugar to eat well. Small adjustments can make a big difference:

- **Start with awareness.** Notice where added sugar shows up most in your day—drinks, snacks, or packaged foods.
- **Balance your plate.** Pair foods that contain sugar with protein, fiber, or healthy fats to slow digestion and prevent energy crashes.
- **Rethink beverages.** Sugary drinks are among the largest sources of added sugar. Try water, flavored sparkling water, or unsweetened tea more often.
- **Choose satisfaction over extremes.** Completely avoiding sweets can backfire. Enjoy them intentionally and in portions that feel satisfying.
- **Read labels when you can.** Ingredients ending in “-ose” (like glucose or fructose) or syrups often signal added sugars.

Eating well isn’t about cutting everything out—it’s about making choices that support how you want to feel. By being more mindful of sugar and balancing it with nourishing foods, you can support steady energy, improved focus, and better overall wellbeing.