

7 - D A Y

# Slash the Sugar

**CHALLENGE**

The purpose of this challenge is to get you to realize what's in your food. More than ever there are additives, and loads of salt/sugars being added to our food to make the foods hyper palatable. My hope is that in going through this exercise for the week you'll be more mindful about what's in your food!

What are the differences between added and Natural Sugars?

Added sugars are, ADDED to foods, meaning they are not naturally present in the genetic makeup of the food. They are used to enhance sweetness of foods but do not offer significant nutritional benefit. Often found in baked foods, pastries, packaged snacks, store bought sauces, etc.

Natural sugars are inherent in the food, like fructose and glucose in fruits and some vegetables. They are not frequently added into the food and offer both energy and beneficial nutrients to the diet. They are often found in foods like bananas, apples, squash, dates, and 100% fruit juices

## Natural Sugars

Use these as your first choice of sugars but sparingly of course... Less than 6 tsp per day!

- Coconut Sugar
- Cane Sugar
- Brown Sugar
- Honey
- Molasses
- Stevia
- Palm Sugar
- Fruit Juice

## Naturally "Derived" Sugars

These are sugars that have come from natural sources but have been refined which can negatively change the way they are processed in the body.

- Beet Sugar
- Corn Sugar
- Agave Nectar
- Syrups
- Sugar Alcohols
- Malitol
- Sorbitol
- Eurythritol
- Manitol
- Inositol
- Xylitol
- The -Oses
- Dextrose
- Sucrose
- Lactose
- Fructose
- Glucose

## Artificial Sweeteners

Just say NO!! These sweeteners are intensely more sweet than natural sugars and cause the body to crave more. They also have been proven to have ill effects on the body.

- Aspartame—Splenda
- Saccharine—Sweet n' Low
- Erythritol—Truvia
- Acesulfame Potassium (Ace-K)

## Monday: Nix the office candy stash, brownies, cake, etc.

It's a no-brainer place to start, since the sugar in sweets is easy to spot.

## Tuesday: Don't Add Sugar to Anything

Any time you would physically add sugar or sweetener, admit it to yourself first—and then omit it! If you must add sugar, check out the list of natural sugars.

## Wednesday: No More Sugary Drinks

Today, you'll start reading ingredient labels like it's your job!

## Thursday: Go Plain

Continue your quest to be a label detective! Switch out your flavored yogurt or almond milk for the plain versions. And be on the look out: Dressings, pasta sauce, crackers, peanut butter, and soups are all common sources of hidden sugar, too.

## Friday: Kick Out Refined Grains

White flour, white rice, and white bread are basically just sugar. The fix: Eat carbs, but make them whole grain. Brown rice, Ezekiel bread, and quinoa are all your friends.

## Saturday: Measure Your Fruit

Capping your consumption at one to two servings a day, and scarfing options that naturally fall on the lower end of the sweet spectrum, like apples, berries, and citrus fruit.

## Sunday: Meal Prep

Meal prepping is a great way to help you make better choices moving forward.

## THE GOAL

Moderation, NOT Elimination

Let's not get crazy: We're not suggesting that you give up sugar forever, that is unsustainable!