

Shape Family Wellness Program

Name: _____

Wellness Coach: _____

WELLNESS CHALLENGE SUGAR

Start Date: _____ End Date: _____

Instructions: Keep a record of the foods you eat with added sugar 5 days a week for 4 weeks. To begin, track your added sugar intake for 3 days to determine your normal intake. Once you have determined how much added sugar you have on a normal day, set a goal to gradually decrease your intake little by little to work towards the new FDA guideline of 50 grams or less a day. Keep in mind this recommendation is for added sugars only. Naturally occurring sugars found in fruits and milk products do not contribute to this total. See the back of this sheet for more information on how to distinguish between the two.

FDA sugar intake recommendation: **12.5 teaspoons (50 grams)**

For optimal health outcomes: **6 teaspoons (25 grams)**

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Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g
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Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g

Challenge Completion Summary:

On the days I achieved my goal I felt: _____

On the days I did not achieve my goal I felt: _____

SUGAR INFORMATION

TYPES OF SUGAR

Sugar is a carbohydrate and provides our body with **4 calories per gram**. There are **4 grams** of sugar in **1 teaspoon**.

- **NATURAL SUGAR:** Fructose—found in fruits
Lactose—found in liquid milk and milk products
- **ADDED SUGAR:** Any type of additional sweetener not naturally found in a food source. This includes white, brown powdered, and corn syrup solids. Common names to look for on food labels include: sucrose, high fructose corn syrup, corn syrup, dextrose, glucose, maple syrup, molasses, honey, and agave nectar.

**Note: Honey and agave nectar still contain sugar and calories, but they have been shown to cause less of a spike in the amount of sugar in your blood compared to other forms of added sugar.*

STARTLING SUGAR STATS

- Americans consume **10x** more added sugar than any other food additive.
- Sugar provides extra calories and **NO** vital nutrients.
 - The average American adult consumes about 3 pounds of sugar a week. This adds about **500** calories per day—the same amount of calories as eating **10** strips of bacon **every day**.
- Sugar stimulates our brains in a certain way that makes it **addicting** and difficult to cut back on.
- Regular soft drinks contain about **10** teaspoons of sugar—more than two frosted Pop Tarts **AND** a Twinkie!
- In 1822, the average American consumed **45g** of sugar every 5 days. We now consume **765g** every 5 days.

10 SUPRISINGLY SUGARY FOODS

- | | | | |
|---|-----|--|-----|
| • ½ c. Newman’s Own Tomato & Basil Pasta Sauce: | 12g | • 8oz. Tropicana 100% Orange Juice: | 22g |
| • 2 Tbsp. Sweet Baby Rays Honey BBQ Sauce: | 15g | • Quaker Oatmeal-to-Go Brown Sugar Cinnamon: | 19g |
| • 20 oz. Vitamin Water: | 33g | • 1 ¼ c. Kellogg’s Smart Start Toasted Oat Cereal: | 17g |
| • Yoplait Original Yogurt: | 27g | • Skinny Cow Low-Fat Fudge Bar: | 13g |
| • Luna Energy Bar: | 11g | • 20 oz. Gatorade: | 34g |

ARTIFICIAL SWEETENERS

Cutting back on sugar may tempt you to rely on artificial sweeteners to get your sweet fix without the calories, but be careful. Artificial sweeteners can cause our bodies confusion because when we taste something sweet, our bodies expect calories to come from it. Here are some common artificial sweeteners:

- Saccharin (Sweet’N Low)
- Acesulfame Potassium
- Stevia leaf extract (PureVia, Truvia)
- Sucralose (Splenda)
- Aspartame (Equal, NutraSweet)
- Neotame

TIPS FOR CUTTING BACK ON ADDED SUGAR

- Decreasing the amount of added sugar gradually often works better than quitting “**cold turkey**.” Try to be patient with yourself.
- Read food labels to find the amount of sugar per serving size to ensure that you are not consuming more than you realize.
- Try grabbing a piece of fresh fruit when you feel a **sweet tooth** craving instead of reaching for something processed.
- Learn what type of **balance** works best for you. Just because you may want to cut back on added sugars doesn’t mean that you can’t ever have dessert again. When it comes to sugar, balance and **moderation** is key.