



CHALLENGE:

Kick your sugar habit and embrace sweet substitutions.

Sugar cravings are one of the toughest challenges people face when transitioning to a healthy diet and lifestyle. Let’s learn where those cravings come from and where hidden sugars might be creeping into our diets.

Track your sugar consumption for the month and aim to keep it under your maximum recommended intake.

How Much Sugar Is Too Much?

The World Health Organization recommends adults and children limit their intake of free sugars to less than 10% of their total calorie intake. A further reduction to below 5% per day, or roughly 25 grams (based on a 2,000 calorie diet), would provide additional health benefits.

What Counts As Sugar?

“Free sugars” refer to monosaccharides (such as glucose, fructose) and disaccharides (such as sucrose or table sugar) added to foods and drinks by the manufacturer, cook or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates.

The WHO guideline does not refer to the sugars in fresh fruits and vegetables, and sugars naturally present in milk, because there is no reported evidence of adverse effects of consuming these sugars.

For this reason, it is important to read the list of ingredients on food items to determine if the sugars are considered “free sugars” or if they are sugars naturally occurring in fruits, vegetables, or dairy. Simply reading the sugar grams listed in the nutrition facts won’t provide this information. As a general rule, you can be wary of any ingredients that end in –ose (like glucose, fructose, etc.), but that’s not all. Here is a list of sugars you may find in your food products:

Anhydrous dextrose	Evaporated cane syrup	Maltose
Agave nectar	Evaporated sugar cane	Malt sugar
Beet sugar	Fructose	Malt syrup
Brown sugar	Fructose crystals	Molasses
Cane juice	Fruit juice crystals	Muscovado
Cane juice solids	Fruit juice concentrate	Nectar
Cane sugar	Glazing sugar	Pancake syrup

Cane syrup	Glucose	Panocha
Carob syrup	Glucose syrup	Powdered sugar
Caster sugar	Golden sugar	Raw sugar
Coconut sugar	Golden syrup	Refiners' syrup
Confectioners' sugar	Granulated sugar	Sorghum
Corn syrup	High-fructose corn syrup	Sucanat
Corn syrup solids	(HFCS)	Sucrose
Crystalline fructose	Honey	Sugar
Date sugar	Icing sugar	Superfine sugar
Demerara sugar	Invert sugar	Table sugar
Dextran	King's syrup	Treacle
Dextrose	Lactose	Turbinado sugar
Dehydrated cane juice	Maple syrup	White sugar
Evaporated cane juice	Maple sugar	Yellow sugar

How Much is 25g?

25g of sugar equates to roughly 6 teaspoons per day. Here's what that looks like in some everyday items:

- Coffee-Mate Hazelnut Creamer (1Tbsp.) 5g
- Sugar in the Raw (1 packet) 5g
- Quaker Apple Cinnamon Instant Oatmeal (1 packet) 12g
- Multigrain Cheerios (1 cup) 6g
- Coca-Cola (12 oz.) 39g
- Gatorade Original Thirst Quencher (12 oz.) 21g
- Yoplait Original Mixed Berry (1 container) 18g
- Jif Creamy Peanut Butter (2 Tbsp.) 3g

Tips to help you stick with it:

It's difficult to go cold-turkey when you're trying to reduce your sugar intake. Here are some helpful tips to support your transition:

- Go half and half.** To get your taste buds used to less sweet options, try mixing your current favorites with sugar free varieties. For example, mix soda with sparkling water or juice with fresh water do dilute, mix half a container of sweetened yogurt with plain yogurt, serve pasta with half sweetened pasta sauce and half plain tomatoes, or try mixing sweetened cereal with unsweetened cereal.
- Use your sugar calories where they matter most.** Save your sugar calories for your favorite dessert or treat instead of wasting them on items with hidden sugars like spreads, salad dressings, and beverages.
- Don't skip meals.** When you skip a meal or even a snack, your blood sugar levels drop causing sugar cravings that are sometimes too strong for your willpower to overcome.
- Clear your home of sugary foods.** If it's in the house, it may be too tempting for you to avoid. Include the whole family and get rid of sugary items.

Name _____

Month Completed _____

Harker School Wellness Program / **Cut Your Sugar Challenge**

Track and record the amount of sugar you consume daily. Aim for less than 50 grams each day, with the ideal being under 25 grams. Submit completed log to HR to earn 10 wellness points. (100 points max in this category)

Week 1

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____
Day 5 _____
Day 6 _____
Day 7 _____

Week 3

Day 15 _____
Day 16 _____
Day 17 _____
Day 18 _____
Day 19 _____
Day 20 _____
Day 21 _____

Week 2

Day 8 _____
Day 9 _____
Day 10 _____
Day 11 _____
Day 12 _____
Day 13 _____
Day 14 _____

Week 4

Day 22 _____
Day 23 _____
Day 24 _____
Day 25 _____
Day 26 _____
Day 27 _____
Day 28 _____

Signature _____ Date _____

I, the employee named above, guarantee that the information contained in this verification is true and accurate and I understand that HR may verify any forms submitted for the purpose of obtaining a wellness discount. I understand that any inaccurate and/or false statements on this form may lead to the loss of all or a portion of my wellness discount.

To receive credit, this form must be submitted to HR within 30 days of completion and no later than December 5, 2019.