



## 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.**