

WEEK 3: Seeing Beyond Sugar



Curb Cravings

Instead of reaching for a typical milk chocolate candy bar, try a little organic chocolate with 70% cocoa. This higher amount of cocoa has more flavor and less sugar. An even better option in curbing cravings is to take a 15-minute walk when you feel a sugar craving coming on. Researchers found a 15-minute walk can curb cravings for sugar-laden chocolate bars by 12%. If a short walk isn't an option, try some other type of distraction. Whatever you do, don't just sit there—that will actually increase your sugar cravings!

Rethink your Drink

Sugary beverages are one of our biggest problems. Each of these common drinks below max out our daily recommended sugar allotment:

40 g	Soda (12 oz)	35 g	Flavored Latté (16 oz)
34 g	Sports drink (20 oz)	28 g	Orange juice (12 oz)

Savory Snacks

Welcome to the “danger zone” aka 3 p.m. Around this time of day, our circadian rhythm starts to drop and fatigue sets in. Expect cravings to attack and have a game plan in place to overcome them.

Eat small snacks every 3 - 4 hours:
This helps maintain high energy levels between meals.

Think fat & protein-packed snacks:
These help minimize the rise and fall of blood sugar.

HEALTHY SNACKS

Plain nuts

Cottage cheese

Rice cakes w/ cheese

Hummus w/ veggies

Fresh fruit

Popcorn

String cheese

ADD FLAVOR WITH:

Vanilla
Spices
Extracts

Take Action Today:

Have you been successful in reducing your sugar intake since starting the challenge?

How do you feel?

How would you describe your energy levels?

What are the major differences you feel today?

Sugar Smart Tip:

Natural sugars are found in whole, unprocessed foods such as fruit & milk which provide important nutrients like protein, vitamins, calcium & fiber. Sugar found in these foods metabolize differently, taking longer for your body to digest & absorb.

Food for Thought:

People who drink sugar-sweetened beverages have up to 83% higher risk for type II diabetes.¹¹