

# WEEK 1 CHALLENGE: SUGAR DETOX

NEW YEAR'S  
REVOLUTION

## DETOX

During the holidays we have a tendency to eat a lot of sweets, with all the delicious desserts at holiday gatherings, work break rooms & everywhere else you go who can blame you! Let's start off the new year by detoxing from all that sugar. On the backside of this sheet you'll find a tracking form to keep track of your daily sugar intake.

## RECOMMENDATIONS

The American Heart Association recommends limiting added sugars to 6 teaspoons (24 grams) for most women & children over 2 years & 9 teaspoons (36 grams) for most men.

## READING LABELS

Sugars can be sneaky, a lot of drinks, dressings, sauces, granola and other packaged foods (even those that look healthy) can be packed with added sugars.

## TIPS

- **Serving sizes:** Check serving info at the top of the label. If you eat more than one serving, you're getting more added sugars, calories & other nutrients.
- **Ingredients:** Ingredients are listed in order of quantity in the product. Sugar may not be the first ingredient which sounds good, right? But there may be more than one type of added sugar.
- **Other names for sugar:** Sugar has a lot of aliases, such as: agave, corn sweetener, dextrose, juice concentrate, glucose, honey, maltodextrin, maltose, molasses, sucrose and anything with the word sugar or syrup.

Check out the New Year's Revolution webpage for more info on sugars as well as tips on how to reduce added sugars in your diet.

[beacon.health/revolution](http://beacon.health/revolution)

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
Amount per serving	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# SUGAR INTAKE LOG:

Remember the daily recommended added sugar is: **women - 24 grams | men - 36 grams**

<i>SUNDAY</i>	What you ate:	Sugar (grams):
	Total Daily Sugar:	

<i>MONDAY</i>	What you ate:	Sugar (grams):
		Total Daily Sugar:

<i>TUESDAY</i>	What you ate:	Sugar (grams):
		Total Daily Sugar:

<i>WEDNESDAY</i>	What you ate:	Sugar (grams):
		Total Daily Sugar:

<i>THURSDAY</i>	What you ate:	Sugar (grams):
		Total Daily Sugar:

<i>FRIDAY</i>	What you ate:	Sugar (grams):
		Total Daily Sugar:

<i>SATURDAY</i>	What you ate:	Sugar (grams):
		Total Daily Sugar:

**YOU COMPLETED WEEK !!**  
Next week we'll work on movement, can you keep your daily sugar intake below the recommended number?