



# Sugar Skip Challenge

## CHALLENGE DESCRIPTION:

Everyone needs a sweet treat now and again, but when it comes to your daily drinking habits, it's better to lay off the added sugar. The Sugar Skip Challenge encourages you to replace pop and juice with healthier options that lead to more stable energy levels and better cost savings!

### Why does it matter?

Small changes do make a big difference! In one example, a doctor had seen a patient who was 260lbs and said she only ate salad and carrots. She couldn't understand how she got poorly controlled diabetes. After 15 mins of going through everything in her diet and routine, she mentioned her only fluid intake was not pop but 10 cups of tea per day with 3 tablespoons of sugar each.

Having insight into these numbers is the first step towards maintaining optimal nutrition and blood sugar levels. Often you may already be avoiding food and drinks that are obviously high in sugar, but you need to pay attention to the sugar content in other item (including "healthy foods" like fruit) as these can add up throughout the day.

For those struggling to gain control of their diet or nutritional intake, note that structured healthy behaviour interventions, ideally resulting in loss of 5% of your initial body weight, can reduce your risk of progression to type 2 diabetes **by almost 60%**.

For the next 7 days, follow the tips below to start sipping your way towards better health!

## HOW CAN I REDUCE MY SUGAR INTAKE?

### Read nutritional labels and ingredients

Don't be swayed by their enticing logos and 'good for you' labels, many pops, juices and bottled smoothies claim to be healthy until you look at what's in them. Read the Nutrition Facts label carefully; look out for ingredients like sucrose, glucose, maltose, dextrose, syrups, concentrated fruit juice, agave and honey. Also pay attention to serving size, **sometimes one can or bottle contains more than one serving** which can double or even triple the added sugars you're drinking. For this challenge avoid any drinks with the ingredients listed above.

# SUGAR SKIP

## Gradually cut back

If you regularly drink sugary beverages, start out by incorporating less-sweet versions into your day. For example, cut down your glass of juice with a bit of water or mix half sweetened iced tea with half unsweetened iced tea.

## Choose water

Plain water is your body's favourite way to hydrate. This naturally sugar free option is a great way to quench your thirst – and it doesn't break the bank. Here are some ways to encourage yourself to drink water:

- Carry a refillable water bottle
- Add sliced of your favourite fruit to your water added flavour
- Try seltzer or sparkling water

## Have a smoothie

If you are in the mood for a sweet refreshing drink, take advantage of fruit's natural sweetness and make a homemade smoothie! All you need is fruit, a blender, ice, milk and your favourite unsweetened yogurt.

## THE CHALLENGE

Each day this week, implement the above tips to reduce your sugar intake. Record your sugar intake each day in the chart below and note where you have done well or recognize areas for improvement.

Take note of your sugar intake each day throughout the week:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

## CHALLENGE COMPLETE!

Congrats on taking the first step towards reducing your sugar intake! Continue to make a conscious effort to implement these habits in your daily routine and continue to find areas for improvement. Small steps go a long way towards improving your health and well-being!



# Congratulations on completing the **Sugar Skip** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

