
Week 2: The Almighty Sugar!

Learn about the dangers, how to find the hidden sugars, and how to cut them from your diet.



Week 2

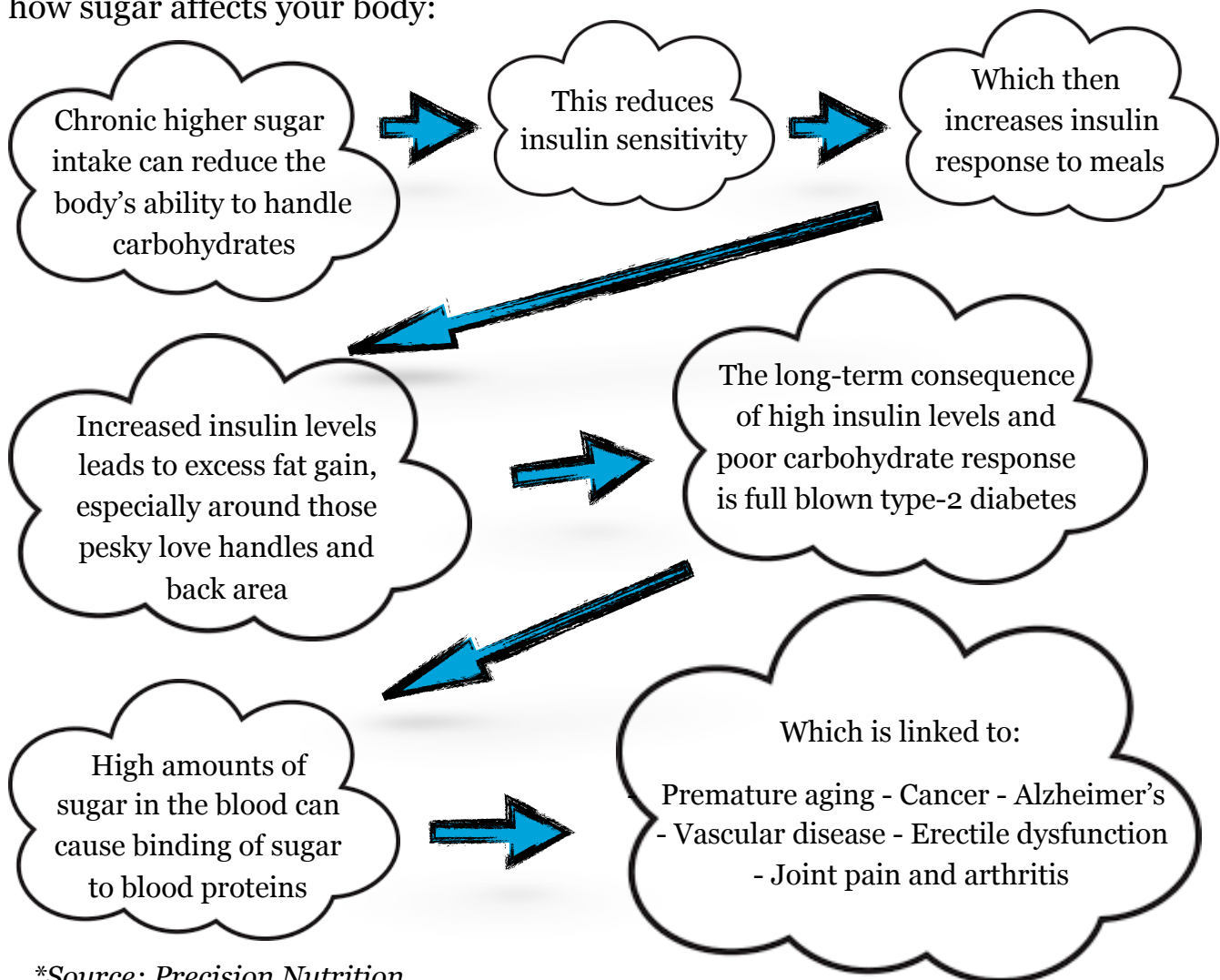
Dangers of High-Sugar Diet

“You’re sweet enough”.....

I will be the first person to tell you that I LOVE sugar! What’s not to love? It tastes amazing, it gives you a little boost of energy, and it brings back fond memories of your mom baking cookies as a child. I’m not here to tell you that you can’t ever have a piece of succulent chocolate cake again; I’m here to motivate you to drastically reduce the amount of sugar you ingest, and here’s why.

Topic 1: What it Does to Your Body

I’m not trying to scare you, (ok, maybe a little), but here are just a few points on how sugar affects your body:



**Source: Precision Nutrition*

Topic 2: The Prevalence of Added Sugar

Unfortunately the food companies have become very devious over recent years. They know customers are aware of the dangers of sugar, so they claim their product is “sugar-free”, but they add in ingredients that act the same way as sugar. Here are a few ingredients to be aware of:

- Sucrose
- Fructose
- Glucose
- Maltose
- Dextrose
- Maltodextrin
- Corn Syrup
- Honey
- Cane Sugar
- Agave nectar
- Maple Sugar
- Molasses

Many of you probably saw “Honey” and thought, “but its natural!”. Your body doesn't care if its natural or artificial, sugar is sugar and it will still cause a spike in your insulin levels. Be sure to look at the “Ingredients” list on the food label, not just the “Nutrition Facts”.

Topic 3: Sugar Content of Common Foods

Did you know that the typical person in North America consumes an average of 34 teaspoons (~136g) of sugar per day? That’s a ton of sugar! That’s because there is sugar hiding in almost everything we eat and it all starts to add up.

For example:

Food	Sugar Content
2 Slices of white bread	3 teaspoons
1/2 cup fruit juice	4-5 teaspoons
1 bagel	4-5 teaspoons
1 soft drink	9 teaspoons
1 bowl of ice cream	23 teaspoons

So one day of meals and snacks can quickly add up:

Meal	Foods Eaten	Sugar (teaspoons)
Breakfast	1.5 cups of cereal, 1 cup orange juice, 1 cup milk	10
Snack	2 toaster pastries	7
Lunch	1 sandwich, 1 granola bar, 1 can of soft drink	15
Snack	1 serving applesauce, 1 cup Gatorade	7
Dinner	Salad with dressing, 1 potato, pork chop, 2 cookies	6
	Total intake for the day:	45 tsp (180 grams)

Now it's your turn to keep track....

Keep a log of how many grams of sugar you eat per day. You may surprise yourself! Be sure to take note of the serving size as well, because you may be having more than one serving.

Here are some healthy options to satisfy that sweet tooth:

- Almond butter
- Chocolate Protein shake
- Berries and heavy cream
- Piece of >70% Dark Chocolate
- Frozen Grapes

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IT'S NOT A
"CHEAT"

IT'S A TREAT

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Topic 5: Sugar Withdrawals

If you've followed the standard American diet of lots of carbs and sugar your entire life, then your body is accustomed to having a steady flow of sugar throughout the day. Therefore, as you reduce the amount of sugar, your body will start to have withdrawal like symptoms because that influx of sugar has ceased. Some of the symptoms include fatigue, headaches, lethargy, etc; but don't worry, these symptoms eventually pass, so stay strong! Your body needs to learn to use its own reserves for fuel instead of relying on the sugars, so you may not feel well during those transition days, but once you make it through, you will feel fantastic, I promise. Drinking bone broth, extra water, and having other healthy snacks available will help with the withdrawal symptoms.

Questions:

1. What was your daily intake of sugar from the exercise above? Give three examples of how you can reduce the amount of sugar intake per day?

2. What is your favorite sugary item that you love to treat yourself with? What is something you can substitute it with?

3. Observation: Do you crave sugar at specific times of the day? Early afternoon? After dinner/before bed? Are those cravings due to boredom, low-energy, or another emotional factor? What can you do to take your mind away from those cravings?
