

Sugar Buster's Weekly Tracking

WEEK 1

Due: 11/12/19

by 10:00am

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							

If the food you ate had a nutrition label, feel free to note the amount of sugar (and added sugar if denoted) next to the food you are recording.

Don't forget to record snacks and drinks (including alcohol) too!

Tips and Tricks to Track

Reading Labels

Read nutrition labels to determine if the item has added sugars. Many labels have started distinguishing 'added sugars' as a separate line underneath 'sugar' or 'total sugar.' Sugar and added sugar can be found underneath the total carbohydrate section. If your label does not show the added sugars, you will need to read the ingredients list to determine if sugar is naturally occurring or has been added. Look for:

Anhydrous dextrose, brown sugar, corn syrup, corn sweetener, fruit juice concentrates, high fructose corn syrup, honey, molasses, and sugar molecules ending in "-ose."

Learn more about sugars and nutrition labels [here!](#)

DIY it

Making food or snacks at home is almost always going to be healthier than eating out or consuming processed or partially prepared foods. Making items at home gives you the power to control how much sugar you add. Great foods to DIY include:

- Flavored oatmeal, flavored yogurt, sauces (like condiments and dressings), coffee drinks, any baked good (cookies, cakes, brownies, etc.), granola bars, trail mix, smoothies

Nutrient Dense Foods

When deciding between two foods that have similar amounts of sugar, take into account the nutritional value of each. Choose the item that is in its most natural state (i.e. less processed) and contains some micronutrients (vitamins or minerals) and/or some fiber.

Examples:

Nutrient Dense	Nutrient Lacking or Empty Calories
Hummus on your bagel	Cream cheese on your bagel
Greek yogurt-based dressing	Mayonnaise-based dressing
Brown rice	White rice
Veggies for snacks	Chips for snacks
Homemade fruit-based dessert	100-calorie pack

Remember!

The goal of this challenge is to cut back on added sugars, not cut out entirely.

Find tweaks that fit within your lifestyle that you can stick with.

Reflection Questions

Once you have completed your tracking for the week, go back and identify which foods had added sugars by highlighting or circling accordingly. If you are unsure if your food had added sugars, the internet is your friend! Research the item you ate. This activity will help you answer the reflection questions below and set your goals for next week.

1. Which foods were highest in added sugar?
2. Which foods were devoid of beneficial nutrients (i.e. empty calories)?
3. Which foods with added sugars had some nutritional value?
4. Were there foods that have lower sugar alternatives? Which ones? Any that you could make yourself? (like DIY sauces or flavored yogurt)
5. Were there days when your added sugar was higher than normal? Any ideas why?
6. Did a lot of your added sugar intake come from beverages?
7. Where you surprised by any of the added sugar found in foods you thought were "healthy" options?
8. Overall, how do you feel about your sugar intake this week?

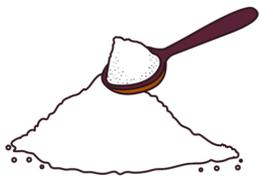


Goals for Next Week

Use your tracking sheet and your responses to the reflection questions to complete the following activity. First, identify a pattern of added sugar consumption that you picked up on from your eating habits last week. This could be: lots of sugar coming from fancy coffees, ate a bowl of sugary cereal after dinner each night, my low-fat dressing has a lot of added sugar, etc. Then follow steps two and three to create a healthier plan of action for next week.

	Example	Pattern 1	Pattern 2	Pattern 3
<p>STEP ONE</p> <p>Describe a pattern from your food tracking this week</p>	<p>I ate a yogurt every morning during the week that was high in added sugar</p>			
<p>STEP TWO</p> <p>What could you do to reduce your added sugar?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Pick something else entirely for breakfast <input type="checkbox"/> Try out a new yogurt that has less sugar <input type="checkbox"/> Buy a plain, unsweetened option and DIY the flavor or toppings 			
<p>STEP THREE</p> <p>Create a goal for the next week using one of the suggestions that you identified above in step two</p>	<p>I will substitute my normal yogurt for a plain, unsweetened option that I will add vanilla, cinnamon and fresh fruit to. I will eat this every morning of next week.</p>			

Now rewrite your goals for next week on your tracking sheet for week two. You may want to tackle all three goals, or start small by picking just one of the goals identified above.



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WEEK 2

Due: 11/19/19

by 10:00am

Week 2 Goal (s):								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast								
Lunch								
Dinner								

Reflection Questions

Once you have completed your tracking for the week, go back and identify which foods had added sugars by highlighting or circling accordingly. If you are unsure if your food had added sugars, the internet is your friend! Research the item you ate. This activity will help you answer the reflection questions below and set your goals for next week.

1. Which foods were highest in added sugar?
2. Which foods were devoid of beneficial nutrients (i.e. empty calories)?
3. Which foods with added sugars had some nutritional value?
4. Were there days when your added sugar was higher than normal? Any ideas why?
5. Overall, how do you feel about your sugar intake this week compared to last week?
6. Which goals did you successfully accomplish this week and which could still use some work?
7. What are some things that you can do to continue this behavior change now that the challenge is over?