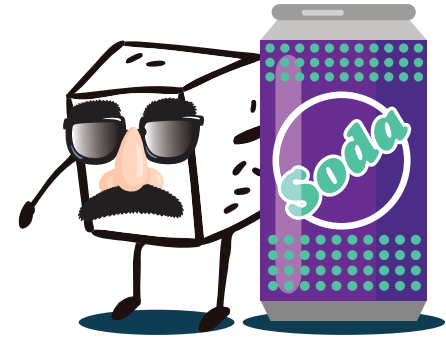


# SUGAR TRACKER

WEEK: 1 DAY: 1



## WEEK 1: THE HUNT

This week, you will challenge yourself to know just how much sugar you are actually eating. First, you have to be able to spot sugar. You'll be surprised at how often you'll find sugar "hidden" in the ingredient list of foods you probably thought were sugar free. When looking at sugar content, also look for it in other forms, such as molasses, maple syrup, high-fructose corn syrup and '-ose' words like dextrose and maltose. They all mean sugar. Sugar often replaces fat in low-fat/fat-free foods, and you'll find it in foods that can really be made from just a few ingredients, like nut butters, breads and salad dressings. For example, many brands of peanut butter are made with added sugar, when in reality all you need to make peanut butter is one ingredient- peanuts.

*Good luck on the sugar hunt this week!*

**During days 2-7 of this week, you will begin tracking how much sugar you are really eating.**

Each day you will need to carefully evaluate everything you eat and drink to make sure none of the hidden sugars sneak by you. Use this Sugar Tracker throughout the day to track the sugar content. Then, at the end of each day, take your Tracker and apply your overall sugar intake to your week 1 Sugar Visual bag. Remember, **do not modify yet**—just learn and get your baseline.

**IMPORTANT:** For purposes of this Mini Challenge, you do not have to include the natural sugars that are in fresh, whole fruits and vegetables. You also can exclude frozen fruits and vegetables if there is no added sugar. However, if you have a medical condition, like diabetes, or you are already watching your added sugars and want to focus more on total sugars, go ahead and include them in your daily calculation. This program is designed to be flexible to meet your specific needs. Everyone will be starting from a different place, and only you will know your personal starting point.

Note some whole fruits and veggies have more natural sugars than others. Fruits and veggies with higher natural sugars include: bananas, beets, winter squashes (ex: butternut), corn, figs, peas, plantains, pineapple, potatoes (white & sweet) & dried fruits & veggies.

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# SUGAR TRACKER

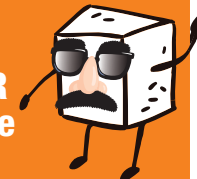
**WEEK: 1 DAY: 1**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## THE HUNT

This week you will challenge yourself to know just how much sugar you are actually eating. First, you have to be able to spot sugar. You'll be surprised at how often you'll find sugar "hidden" in the ingredient list of foods you probably thought were sugar free. When looking at sugar content, also look for it in other forms, such as molasses, maple syrup, high-fructose corn syrup and '-ose' words like dextrose and maltose.

**GOAL**  
**KNOW YOUR**  
**sugar intake**  
**amount.**



	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
<b>BREAKFAST</b>						
<b>LUNCH</b>						
<b>DINNER</b>						
<b>SNACKS</b>						

\* Remember to also include any alcoholic beverages you consume that day.

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WEEK: 1 DAY: 1 OVERALL TOTAL:

**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Refiner's syrup)	Rice syrup
Barley malt syrup	Date sugar	Corn Syrup)	Saccharose
Beet sugar	Dehydrated cane juice	Honey	Sorghum Syrup
Brown sugar	Demerara sugar	Icing sugar	Sucrose
Buttered syrup	Dextrin	Invert sugar	Sugar (granulated)
Cane juice	Dextrose	Malt syrup	Sweet Sorghum Syrup
Cane juice crystals	Evaporated cane juice	Maltodextrin	Treacle
Cane sugar	Free-flowing brown sugars	Maltol	Turbinado sugar
Caramel	Fructose	Maltose	Yellow sugar
Carob syrup	Fruit juice	Mannose	
Castor sugar	Fruit juice concentrate	Maple syrup	
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	

### 4 GRAMS OF SUGAR = 1 TEASPOON

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.

Example: "Sugars 28g" =  $28 \div 4 = 7$  teaspoons



As a reminder, The American Heart Association (AHA) recommends no more than 9 teaspoons (36 grams) of added sugar per day for men, and 6 teaspoons (24 grams) per day for women. If you are nowhere near the recommendation, don't get discouraged. That is why you are doing this to move closer to a more reasonable amount. *Note: Please consult with your physician prior to starting any kind of diet, exercise or wellness program. This program is not intended to give medical, nutritional or wellness advice.*

# SUGAR TRACKER

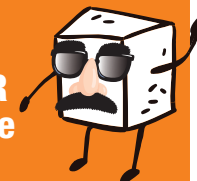
**WEEK: 1 DAY: 2**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## THE HUNT

This week you will challenge yourself to know just how much sugar you are actually eating. First, you have to be able to spot sugar. You'll be surprised at how often you'll find sugar "hidden" in the ingredient list of foods you probably thought were sugar free. When looking at sugar content, also look for it in other forms, such as molasses, maple syrup, high-fructose corn syrup and '-ose' words like dextrose and maltose.

**GOAL**  
**KNOW YOUR**  
**sugar intake**  
**amount.**



	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
<b>BREAKFAST</b>						
<b>LUNCH</b>						
<b>DINNER</b>						
<b>SNACKS</b>						

\* Remember to also include any alcoholic beverages you consume that day.

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WEEK: 1 DAY: 2 OVERALL TOTAL:

**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Refiner's syrup)	Rice syrup
Barley malt syrup	Date sugar	Corn Syrup)	Saccharose
Beet sugar	Dehydrated cane juice	Honey	Sorghum Syrup
Brown sugar	Demerara sugar	Icing sugar	Sucrose
Buttered syrup	Dextrin	Invert sugar	Sugar (granulated)
Cane juice	Dextrose	Malt syrup	Sweet Sorghum Syrup
Cane juice crystals	Evaporated cane juice	Maltodextrin	Treacle
Cane sugar	Free-flowing brown sugars	Maltol	Turbinado sugar
Caramel	Fructose	Maltose	Yellow sugar
Carob syrup	Fruit juice	Mannose	
Castor sugar	Fruit juice concentrate	Maple syrup	
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	

### 4 GRAMS OF SUGAR = 1 TEASPOON

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.

Example: "Sugars 28g" =  $28 \div 4 = 7$  teaspoons



As a reminder, The American Heart Association (AHA) recommends no more than 9 teaspoons (36 grams) of added sugar per day for men, and 6 teaspoons (24 grams) per day for women. If you are nowhere near the recommendation, don't get discouraged. That is why you are doing this to move closer to a more reasonable amount. *Note: Please consult with your physician prior to starting any kind of diet, exercise or wellness program. This program is not intended to give medical, nutritional or wellness advice.*

# SUGAR TRACKER

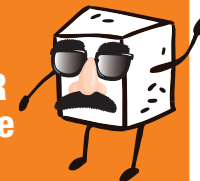
**WEEK: 1 DAY: 3**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## THE HUNT

This week you will challenge yourself to know just how much sugar you are actually eating. First, you have to be able to spot sugar. You'll be surprised at how often you'll find sugar "hidden" in the ingredient list of foods you probably thought were sugar free. When looking at sugar content, also look for it in other forms, such as molasses, maple syrup, high-fructose corn syrup and '-ose' words like dextrose and maltose.

**GOAL**  
**KNOW YOUR**  
**sugar intake**  
**amount.**



	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
<b>BREAKFAST</b>						
<b>LUNCH</b>						
<b>DINNER</b>						
<b>SNACKS</b>						

\* Remember to also include any alcoholic beverages you consume that day.

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WEEK: 1

DAY: 3

OVERALL TOTAL:

**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Refiner's syrup)	Rice syrup
Barley malt syrup	Date sugar	Corn Syrup)	Saccharose
Beet sugar	Dehydrated cane juice	Honey	Sorghum Syrup
Brown sugar	Demerara sugar	Icing sugar	Sucrose
Buttered syrup	Dextrin	Invert sugar	Sugar (granulated)
Cane juice	Dextrose	Malt syrup	Sweet Sorghum Syrup
Cane juice crystals	Evaporated cane juice	Maltodextrin	Treacle
Cane sugar	Free-flowing brown sugars	Maltol	Turbinado sugar
Caramel	Fructose	Maltose	Yellow sugar
Carob syrup	Fruit juice	Mannose	
Castor sugar	Fruit juice concentrate	Maple syrup	
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	

### 4 GRAMS OF SUGAR = 1 TEASPOON

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.

Example: "Sugars 28g" =  $28 \div 4 = 7$  teaspoons



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# SUGAR TRACKER

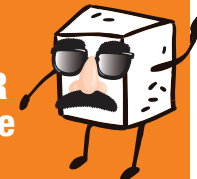
**WEEK: 1 DAY: 4**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## THE HUNT

This week you will challenge yourself to know just how much sugar you are actually eating. First, you have to be able to spot sugar. You'll be surprised at how often you'll find sugar "hidden" in the ingredient list of foods you probably thought were sugar free. When looking at sugar content, also look for it in other forms, such as molasses, maple syrup, high-fructose corn syrup and '-ose' words like dextrose and maltose.

**GOAL**  
**KNOW YOUR**  
**sugar intake**  
**amount.**



	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
<b>BREAKFAST</b>						
<b>LUNCH</b>						
<b>DINNER</b>						
<b>SNACKS</b>						

\* Remember to also include any alcoholic beverages you consume that day.

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WEEK: 1 DAY: 4 OVERALL TOTAL:

**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Refiner's syrup)	Rice syrup
Barley malt syrup	Date sugar	Corn Syrup)	Saccharose
Beet sugar	Dehydrated cane juice	Honey	Sorghum Syrup
Brown sugar	Demerara sugar	Icing sugar	Sucrose
Buttered syrup	Dextrin	Invert sugar	Sugar (granulated)
Cane juice	Dextrose	Malt syrup	Sweet Sorghum Syrup
Cane juice crystals	Evaporated cane juice	Maltodextrin	Treacle
Cane sugar	Free-flowing brown sugars	Maltol	Turbinado sugar
Caramel	Fructose	Maltose	Yellow sugar
Carob syrup	Fruit juice	Mannose	
Castor sugar	Fruit juice concentrate	Maple syrup	
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	

### 4 GRAMS OF SUGAR = 1 TEASPOON

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.

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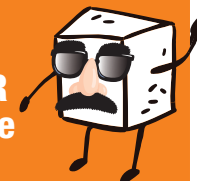
**WEEK: 1 DAY: 5**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## THE HUNT

This week you will challenge yourself to know just how much sugar you are actually eating. First, you have to be able to spot sugar. You'll be surprised at how often you'll find sugar "hidden" in the ingredient list of foods you probably thought were sugar free. When looking at sugar content, also look for it in other forms, such as molasses, maple syrup, high-fructose corn syrup and '-ose' words like dextrose and maltose.

**GOAL**  
KNOW YOUR  
sugar intake  
amount.



	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
<b>BREAKFAST</b>						
<b>LUNCH</b>						
<b>DINNER</b>						
<b>SNACKS</b>						

\* Remember to also include any alcoholic beverages you consume that day.

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WEEK: 1

DAY: 5

OVERALL TOTAL:

**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Refiner's syrup)	Rice syrup
Barley malt syrup	Date sugar	Corn Syrup)	Saccharose
Beet sugar	Dehydrated cane juice	Honey	Sorghum Syrup
Brown sugar	Demerara sugar	Icing sugar	Sucrose
Buttered syrup	Dextrin	Invert sugar	Sugar (granulated)
Cane juice	Dextrose	Malt syrup	Sweet Sorghum Syrup
Cane juice crystals	Evaporated cane juice	Maltodextrin	Treacle
Cane sugar	Free-flowing brown sugars	Maltol	Turbinado sugar
Caramel	Fructose	Maltose	Yellow sugar
Carob syrup	Fruit juice	Mannose	
Castor sugar	Fruit juice concentrate	Maple syrup	
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	

### 4 GRAMS OF SUGAR = 1 TEASPOON

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.

Example: "Sugars 28g" =  $28 \div 4 = 7$  teaspoons



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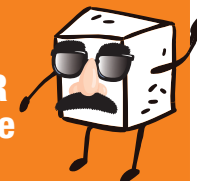
**WEEK: 1 DAY: 6**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## THE HUNT

This week you will challenge yourself to know just how much sugar you are actually eating. First, you have to be able to spot sugar. You'll be surprised at how often you'll find sugar "hidden" in the ingredient list of foods you probably thought were sugar free. When looking at sugar content, also look for it in other forms, such as molasses, maple syrup, high-fructose corn syrup and '-ose' words like dextrose and maltose.

**GOAL**  
**KNOW YOUR**  
**sugar intake**  
**amount.**



	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
<b>BREAKFAST</b>						
<b>LUNCH</b>						
<b>DINNER</b>						
<b>SNACKS</b>						

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WEEK: 1 DAY: 6 OVERALL TOTAL:

**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Refiner's syrup)	Rice syrup
Barley malt syrup	Date sugar	Corn Syrup)	Saccharose
Beet sugar	Dehydrated cane juice	Honey	Sorghum Syrup
Brown sugar	Demerara sugar	Icing sugar	Sucrose
Buttered syrup	Dextrin	Invert sugar	Sugar (granulated)
Cane juice	Dextrose	Malt syrup	Sweet Sorghum Syrup
Cane juice crystals	Evaporated cane juice	Maltodextrin	Treacle
Cane sugar	Free-flowing brown sugars	Maltol	Turbinado sugar
Caramel	Fructose	Maltose	Yellow sugar
Carob syrup	Fruit juice	Mannose	
Castor sugar	Fruit juice concentrate	Maple syrup	
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	

### 4 GRAMS OF SUGAR = 1 TEASPOON

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.

Example: "Sugars 28g" =  $28 \div 4 = 7$  teaspoons



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# SUGAR TRACKER

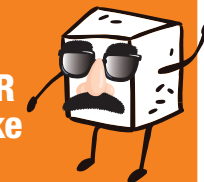
**WEEK: 1 DAY: 7**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## THE HUNT

This week you will challenge yourself to know just how much sugar you are actually eating. First, you have to be able to spot sugar. You'll be surprised at how often you'll find sugar "hidden" in the ingredient list of foods you probably thought were sugar free. When looking at sugar content, also look for it in other forms, such as molasses, maple syrup, high-fructose corn syrup and '-ose' words like dextrose and maltose.

**GOAL**  
KNOW YOUR  
sugar intake  
amount.



	BEVERAGE(S)*	MAIN ITEM(S)	SIDE ITEM(S)	CONDIMENTS/DRESSING	WHOLE FRUITS & VEGGIES (OPTIONAL)	TOTAL SUGAR GRAMS
<b>BREAKFAST</b>						
<b>LUNCH</b>						
<b>DINNER</b>						
<b>SNACKS</b>						

\* Remember to also include any alcoholic beverages you consume that day.

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WEEK: 1

DAY: 7

OVERALL TOTAL:

**SUGAR DECODER:** Here is a handy list when trying to decode the other names for sugar.

Agave nectar	Corn sweetener	Golden syrup	Powdered sugar
Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Refiner's syrup)	Rice syrup
Barley malt syrup	Date sugar	Corn Syrup)	Saccharose
Beet sugar	Dehydrated cane juice	Honey	Sorghum Syrup
Brown sugar	Demerara sugar	Icing sugar	Sucrose
Buttered syrup	Dextrin	Invert sugar	Sugar (granulated)
Cane juice	Dextrose	Malt syrup	Sweet Sorghum Syrup
Cane juice crystals	Evaporated cane juice	Maltodextrin	Treacle
Cane sugar	Free-flowing brown sugars	Maltol	Turbinado sugar
Caramel	Fructose	Maltose	Yellow sugar
Carob syrup	Fruit juice	Mannose	
Castor sugar	Fruit juice concentrate	Maple syrup	
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	

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Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.

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