

# SUGAR TRACKER

**WEEK: 3 DAY: 15**

## MAKE YOUR PLAN FOR THE WEEK

### CUT & TRACK

Take out your Sugar Tracker from week 2. Similar to last week, look over the Tracker and make a plan to reduce your total sugar intake by 1/3 each day.  
**You can do it!**

**GOAL**  
**KEEP CUTTING**  
your sugar intake back by 1/3.



Look over your Tracker from week 2. For week 3, the goal is to reduce your sugar intake by 1/3. To know what you are targeting, fill in the following statement:

**WEEK 2: MY TOTAL SUGAR INTAKE =  . WEEK 3: I AM TARGETING MY TOTAL SUGAR INTAKE =  .**

Think through how you can achieve this goal by making a plan. Start by looking closely at what you ate and drank during week 2 at breakfast, lunch, dinner and snacks. Write down some ideas/options on how to achieve your goal to reduce your total sugar intake by 1/3 each day. The plan might be replacing some items you are eating or adjusting the amount. Here are some ideas:

- Take inventory of the sugary items you drink and try to reduce that amount by 1/3.
- Take inventory of the items where you add sugar. For example, if you put 3 packets of sugar in your coffee each morning, cut back to 2.
- Take inventory of the sugary snacks you are eating each day. If you're eating 3 sugary snacks a day, cut back to 2 or replace one with some nuts or fresh whole fruit.

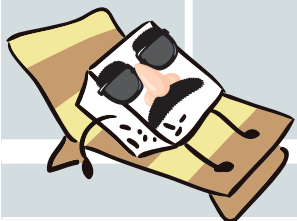
### IDEAS/OPTIONS TO ACHIEVE 1/3 SUGAR INTAKE REDUCTION GOAL

**BREAKFAST**

**LUNCH**

**DINNER**

**SNACKS**



# SUGAR TRACKER

**WEEK: 3 DAY: 15**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## CUT & TRACK

This week, we will continue to cut the amount of sugar you are eating by 1/3.  
You can do it!



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

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

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WEEK: 3

DAY: 15

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
Barley malt syrup	Date sugar	Corn Syrup)	Rice syrup
Beet sugar	Dehydrated cane juice	Honey	Saccharose
Brown sugar	Demerara sugar	Icing sugar	Sorghum Syrup
Buttered syrup	Dextrin	Invert sugar	Sucrose
Cane juice	Dextrose	Malt syrup	Sugar (granulated)
Cane juice crystals	Evaporated cane juice	Maltodextrin	Sweet Sorghum
Cane sugar	Free-flowing brown sugars	Maltol	Syrup
Caramel	Fructose	Maltose	Treacle
Carob syrup	Fruit juice	Mannose	Turbinado sugar
Castor sugar	Fruit juice concentrate	Maple syrup	Yellow sugar
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: 3 DAY: 16**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## CUT & TRACK

This week, we will continue to cut the amount of sugar you are eating by 1/3.  
You can do it!



	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: 3 DAY: 16 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
Barley malt syrup	Date sugar	Corn Syrup)	Rice syrup
Beet sugar	Dehydrated cane juice	Honey	Saccharose
Brown sugar	Demerara sugar	Icing sugar	Sorghum Syrup
Buttered syrup	Dextrin	Invert sugar	Sucrose
Cane juice	Dextrose	Malt syrup	Sugar (granulated)
Cane juice crystals	Evaporated cane juice	Maltodextrin	Sweet Sorghum
Cane sugar	Free-flowing brown sugars	Maltol	Syrup
Caramel	Fructose	Maltose	Treacle
Carob syrup	Fruit juice	Mannose	Turbinado sugar
Castor sugar	Fruit juice concentrate	Maple syrup	Yellow sugar
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	

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# SUGAR TRACKER

**WEEK: 3 DAY: 17**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## CUT & TRACK

This week, we will continue to cut the amount of sugar you are eating by 1/3.  
You can do it!



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

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WEEK: 3 DAY: 17 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
Barley malt syrup	Date sugar	Corn Syrup)	Rice syrup
Beet sugar	Dehydrated cane juice	Honey	Saccharose
Brown sugar	Demerara sugar	Icing sugar	Sorghum Syrup
Buttered syrup	Dextrin	Invert sugar	Sucrose
Cane juice	Dextrose	Malt syrup	Sugar (granulated)
Cane juice crystals	Evaporated cane juice	Maltodextrin	Sweet Sorghum
Cane sugar	Free-flowing brown sugars	Maltol	Syrup
Caramel	Fructose	Maltose	Treacle
Carob syrup	Fruit juice	Mannose	Turbinado sugar
Castor sugar	Fruit juice concentrate	Maple syrup	Yellow sugar
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	

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# SUGAR TRACKER

**WEEK: 3 DAY: 18**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## CUT & TRACK

This week, we will continue to cut the amount of sugar you are eating by 1/3.  
You can do it!



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

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WEEK: 3 DAY: 18 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
Barley malt syrup	Date sugar	Corn Syrup)	Rice syrup
Beet sugar	Dehydrated cane juice	Honey	Saccharose
Brown sugar	Demerara sugar	Icing sugar	Sorghum Syrup
Buttered syrup	Dextrin	Invert sugar	Sucrose
Cane juice	Dextrose	Malt syrup	Sugar (granulated)
Cane juice crystals	Evaporated cane juice	Maltodextrin	Sweet Sorghum
Cane sugar	Free-flowing brown sugars	Maltol	Syrup
Caramel	Fructose	Maltose	Treacle
Carob syrup	Fruit juice	Mannose	Turbinado sugar
Castor sugar	Fruit juice concentrate	Maple syrup	Yellow sugar
Coconut palm sugar	Glucose	Molasses	
Coconut sugar	Glucose solids	Muscovado	
Confectioner's sugar	Golden sugar	Palm sugar	

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# SUGAR TRACKER

**WEEK: 3 DAY: 19**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## CUT & TRACK

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You can do it!



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

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WEEK: 3

DAY: 19

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
Barley malt syrup	Date sugar	Corn Syrup)	Rice syrup
Beet sugar	Dehydrated cane juice	Honey	Saccharose
Brown sugar	Demerara sugar	Icing sugar	Sorghum Syrup
Buttered syrup	Dextrin	Invert sugar	Sucrose
Cane juice	Dextrose	Malt syrup	Sugar (granulated)
Cane juice crystals	Evaporated cane juice	Maltodextrin	Sweet Sorghum
Cane sugar	Free-flowing brown sugars	Maltol	Syrup
Caramel	Fructose	Maltose	Treacle
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Castor sugar	Fruit juice concentrate	Maple syrup	Yellow sugar
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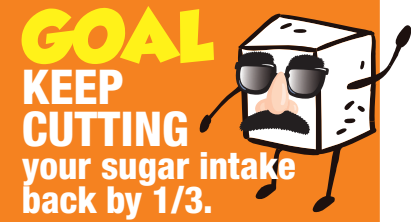
# SUGAR TRACKER

**WEEK: 3 DAY: 20**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## CUT & TRACK

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You can do it!



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

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WEEK: 3 DAY: 20 OVERALL TOTAL:

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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
Barley malt syrup	Date sugar	Corn Syrup)	Rice syrup
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Brown sugar	Demerara sugar	Icing sugar	Sorghum Syrup
Buttered syrup	Dextrin	Invert sugar	Sucrose
Cane juice	Dextrose	Malt syrup	Sugar (granulated)
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# SUGAR TRACKER

**WEEK: 3 DAY: 21**

**TRACK YOUR ACTUAL SUGAR INTAKE**

## CUT & TRACK

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

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WEEK: 3

DAY: 21

OVERALL TOTAL:

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

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