# SUGAR TRACKER WEEK: 5 DAY: 29 MAKE YOUR PLAN FOR THE WEEK

TIME TO BREAKUP!

Ok, we all know that you have been holding onto your favorites. Maybe it just one sugary, gooey one or several, you know who they are - "Oatmeal Cream Pie"... "Rocky Road" ... sound like familiar names. It is time to make your final break-up plan.



Look over your Tracker from week 4. For week 5, the goal is to identify the bad-for-you sweets, treats and snacks that you love and dump them today. To know what you are targeting, fill in the following statement:

#### WEEK 4: MY TOTAL SUGAR INTAKE =

#### WEEK 5: I AM TARGETING MY TOTAL SUGAR INTAKE =

Identify the bad-for-you sweets, treats and snacks that you love and dump them today. If breaking up with your favorites has you reaching the recommended amounts (Women: 6 tsp. (24g) Men: 9 tsp. (36g)), then that is all you will need to do this week – stay broken up. But if you are still far away, look at continuing to reduce your sugar intake by 1/4 or 1/3 to get you closer to the recommended amounts.

	IDEAS/OPTIONS TO IDENTIFY THE BAD-FOR-YOU SWEETS, TREATS AND SNACKS THAT YOU LOVE AND DUMP THEM TODAY
BREAKFAST	
LUNCH	
DINNER	÷
SNACKS	
	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.

### TRACK YOUR ACTUAL SUGAR INTAKE

Don't forget to make a note of how you avoided sugary treats throughout the day!

### TIME TO BREAKUP!

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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						

WEEK: 5

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

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

Agave nectar	Corn
Barbados sugar	Corn
Barley malt	Corn
Barley malt syrup	Date
Beet sugar	Dehy
Brown sugar	Dem
Buttered syrup	Dext
Cane juice	Dext
Cane juice crystals	Evap
Cane sugar	Free
Caramel	Fruc
Carob syrup	Fruit
Castor sugar	Fruit
Coconut palm sugar	Gluc
Coconut sugar	Gluc
Confectioner's sugar	Gold

Corn sweetener Golden syrup Grape sugar n syrup HFCS (High-Fructose syrup solids e sugar Corn Syrup) vdrated cane juice Honey nerara sugar Icing sugar trin Invert sugar trose Malt syrup porated cane juice Maltodextrin -flowing brown sugars Maltol Maltose tose Mannose iuice t iuice concentrate Maple syrup Molasses ose ose solids Muscovado Palm sugar len sugar

Powdered sugar Raw sugar Refiner's syrup Rice syrup Saccharose Sorghum Syrup Sucrose Sugar (granulated) Sweet Sorghum Syrup Treacle Turbinado sugar Yellow sugar

#### 4 GRAMS OF SUGAR = 1 TEASPOON

**DAY: 29** 

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

**OVERALL TOTAL:** 

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



#### TRACK YOUR ACTUAL SUGAR INTAKE

Don't forget to make a note of how you avoided sugary treats throughout the day!

## TIME TO BREAKUP!

WEEK: 5

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LUNCH						
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Barbados sugar	Co
Barley malt	Co
Barley malt syrup	Da
Beet sugar	De
Brown sugar	De
Buttered syrup	De
Cane juice	De
Cane juice crystals	Eva
Cane sugar	Fre
Caramel	Fru
Carob syrup	Fru
Castor sugar	Fru
Coconut palm sugar	Glu
Coconut sugar	Glu
Confectioner's sugar	Go

rn sweetener Golden syrup Grape sugar rn syrup HFCS (High-Fructose orn syrup solids ite sugar Corn Syrup) hydrated cane juice Honey emerara sugar Icing sugar extrin Invert sugar xtrose Malt syrup aporated cane juice Maltodextrin e-flowing brown sugars Maltol Maltose uctose Mannose uit juice uit juice concentrate Maple syrup Molasses ICOSE ucose solids Muscovado lden sugar Palm sugar

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#### 4 GRAMS OF SUGAR = 1 TEASPOON

**DAY: 30** 

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

**OVERALL TOTAL:** 

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



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Barley malt syrup
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Brown sugar
Buttered syrup
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Cane juice crystals
Cane sugar
Caramel
Carob syrup
Castor sugar
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Confectioner's sugar

Corn sweetener Golden syrup Corn syrup Grape sugar HFCS (High-Fructose Corn syrup solids Date sugar Corn Syrup) Dehydrated cane juice Honey Demerara sugar Icing sugar Dextrin Invert sugar Dextrose Malt syrup Maltodextrin Evaporated cane juice Free-flowing brown sugars Maltol Fructose Maltose Fruit juice Mannose Fruit juice concentrate Maple syrup Glucose Molasses Glucose solids Muscovado Golden sugar Palm sugar

Powdered sugar Raw sugar Refiner's syrup Rice syrup Saccharose Sorghum Syrup Sucrose Sugar (granulated) Sweet Sorahum Syrup Treacle Turbinado sugar Yellow sugar

DAY: 31

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

Example: "Sugars 28a" =  $28 \div 4 = 7$  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.

**4 GRAMS OF SUGAR = 1 TEASPOON** 

**OVERALL TOTAL:** 

### TRACK YOUR ACTUAL SUGAR INTAKE

Don't forget to make a note of how you avoided sugary treats throughout the day!

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WEEK: 5

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Brown sugar
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Powdered sugar Raw sugar Refiner's syrup Rice syrup Saccharose Sorghum Syrup Sucrose Sugar (granulated) Sweet Sorghum Syrup Treacle Turbinado sugar Yellow sugar

#### 4 GRAMS OF SUGAR = 1 TEASPOON

DAY: 32

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

**OVERALL TOTAL:** 

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



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**OVERALL TOTAL:** 

**DAY: 33** 

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**DAY: 35** 

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