

SUGAR TRACKER

WEEK: 5 DAY: 29

MAKE YOUR PLAN FOR THE WEEK

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.

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.

GOAL 
IDENTIFY THE BAD-for-you sweets, treats and snacks that you love and dump them today.

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

BREAKFAST

LUNCH

DINNER

SNACKS



SUGAR TRACKER

WEEK: 5 DAY: 29

TRACK YOUR ACTUAL SUGAR INTAKE

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

	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: 5

DAY: 29

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

TIME TO BREAKUP!

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GOAL 
IDENTIFY THE BAD-for-you sweets, treats and snacks that you love and dump them today.

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: 5 DAY: 30

TRACK YOUR ACTUAL SUGAR INTAKE

TIME TO BREAKUP!

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BREAKFAST						
LUNCH						
DINNER						
SNACKS						

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WEEK: 5

DAY: 30

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

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SUGAR TRACKER

WEEK: 5 DAY: 31

TRACK YOUR ACTUAL SUGAR INTAKE

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BREAKFAST						
LUNCH						
DINNER						
SNACKS						

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WEEK: **5** DAY: **31** 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 Corn Syrup) | Refiner's syrup |
| Barley malt syrup | Date sugar | Honey | Rice syrup |
| Beet sugar | Dehydrated cane juice | Icing sugar | Saccharose |
| Brown sugar | Demerara sugar | Invert sugar | Sorghum Syrup |
| Buttered syrup | Dextrin | Malt syrup | Sucrose |
| Cane juice | Dextrose | Maltodextrin | Sugar (granulated) |
| Cane juice crystals | Evaporated cane juice | Maltol | Sweet Sorghum Syrup |
| Cane sugar | Free-flowing brown sugars | Maltose | Treacle |
| Caramel | Fructose | Mannose | Turbinado sugar |
| Carob syrup | Fruit juice | Maple syrup | Yellow sugar |
| Castor sugar | Fruit juice concentrate | Molasses | |
| Coconut palm sugar | Glucose | Muscovado | |
| Coconut sugar | Glucose solids | Palm sugar | |
| Confectioner's sugar | Golden sugar | | |

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SUGAR TRACKER

WEEK: 5 DAY: 32

TRACK YOUR ACTUAL SUGAR INTAKE

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

	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: 5

DAY: 32

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

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SUGAR TRACKER

WEEK: 5 DAY: 33

TRACK YOUR ACTUAL SUGAR INTAKE

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BREAKFAST						
LUNCH						
DINNER						
SNACKS						

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WEEK: 5

DAY: 33

OVERALL TOTAL:

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

WEEK: 5 DAY: 34

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BREAKFAST						
LUNCH						
DINNER						
SNACKS						

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WEEK: **5** DAY: **34** OVERALL TOTAL:

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Barbados sugar	Corn syrup	Grape sugar	Raw sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Corn Syrup)	Refiner's syrup
Barley malt syrup	Date sugar	Honey	Rice syrup
Beet sugar	Dehydrated cane juice	Icing sugar	Saccharose
Brown sugar	Demerara sugar	Invert sugar	Sorghum Syrup
Buttered syrup	Dextrin	Malt syrup	Sucrose
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Cane juice crystals	Evaporated cane juice	Maltol	Sweet Sorghum Syrup
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SUGAR TRACKER

WEEK: 5 DAY: 35

TRACK YOUR ACTUAL SUGAR INTAKE

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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: 5

DAY: 35

OVERALL TOTAL:

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

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