

SUGAR TRACKER

WEEK: 6 DAY: 36

MAKE YOUR PLAN FOR THE WEEK

Look over your Tracker from week 5. For week 6, the goal is to maintain or keep reducing your sugar and make better carb choices. To know what you are targeting, fill in the following statement:

WEEK 5: MY TOTAL SUGAR INTAKE = . WEEK 6: I AM TARGETING MY TOTAL SUGAR INTAKE = .

Here are some examples to help pack your diet with the right stuff:

- **Emphasize fiber-rich fruits and vegetables.** Aim for whole, fresh or frozen fruits and vegetables without added sugar.
- **Choose whole grains.** Whole grains are better sources than refined grains of fiber and other important nutrients, such as B vitamins. Refined grains go through a process that strips out parts of the grain — along with some of the nutrients and fiber.
- **Stick to low-fat dairy products.** Milk, cheese, yogurt and other dairy products are good sources of calcium and protein, plus many other vitamins and minerals. Consider the low-fat versions, to help limit calories and saturated fat. And beware of dairy products that have added sugar.
- **Eat more legumes.** Legumes — which include beans, peas and lentils — are among the most versatile and nutritious foods available. They are typically low in fat and high in folate, potassium, iron and magnesium, and they contain beneficial fats and fiber. Legumes are a good source of protein and can be a healthy substitute for meat, which has more saturated fat and cholesterol.

THE RIGHT STUFF

If you are happy where you are with your sugar intake GREAT! Congratulations on getting there. If you still have a little ways to go, keep doing the 1/3 cut as you have done in prior weeks until you get to your target. This week we are also going to work on adding carbohydrates that work best for your body.

GOAL

MAINTAIN OR KEEP REDUCING your sugar and make better carb choices.



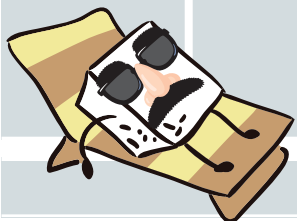
IDEAS/OPTIONS TO MAINTAIN OR KEEP REDUCING YOUR SUGAR AND MAKE BETTER CARB CHOICES

BREAKFAST

LUNCH

DINNER

SNACKS



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TRACK YOUR ACTUAL SUGAR INTAKE

Don't forget to make a note of your smart carb substitutions at each meal!

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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: 6

DAY: 35

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)
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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



ONE SUGAR CUBE

OR



ONE PACKET

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ONE TEASPOON

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