

Healthy Living Center

+rMC the Regional Medical Center

SUGAR CHALLENGE

REDUCE YOUR SUGAR INTAKE FOR THE NEXT 10 DAYS

The Top 6 Tips!

- 1. Inventory your fridge and cabinets:** Read labels on boxes, bags and cans. Get familiar with the 56 ingredients that mean “sugar” (page 2).
- 2. Don't go hungry:** Shop for fruits, vegetables and other fresh foods. Plan meals ahead of time. Keep healthy snacks handy (raw carrots, sliced cucumbers, hummus, almonds, avocados, sliced apples).
- 3. Start the day with protein to cut sugar cravings:** Have an egg or protein shake.
- 4. Replace soda and other sugary drinks with water:** Water has everything you need and nothing you don't. It may seem like a simple step, but it's a giant leap forward.
- 5. Cook your own meals:** If you have kids, include them in the cooking process and they will eat better. Sit down at a table, turn all screens off and enjoy the food together.
- 6. Get a friend to join you in the war against sugar:** Make it fun, make it a contest, pull each other through.

SUGAR-FREE CHALLENGE

The 56 Names of Sugar

1. Barley malt
2. Barbados sugar
3. Beet sugar
4. Brown sugar
5. Buttered syrup
6. Cane juice
7. Cane sugar
8. Caramel
9. Corn syrup
10. Corn syrup solids
11. Confectioner's sugar
12. Carob syrup
13. Castor sugar
14. Date sugar
15. Dehydrated cane juice
16. Demerara sugar
17. Dextran
18. Dextrose
19. Diastatic malt
20. Diatase
21. Ethyl maltol
22. Free Flowing Brown Sugars
23. Fructose
24. Fruit juice
25. Fruit juice concentrate
26. Galactose
27. Glucose
28. Glucose solids
29. Golden sugar
30. Golden syrup
31. Grape sugar
32. HFCS (High Fructose Corn Syrup... **Very Bad!**)
33. Honey
34. Icing sugar
35. Invert sugar
36. Lactose
37. Malt
38. Maltodextrin
39. Maltose
40. Malt syrup
41. Mannitol
42. Maple syrup
43. Molasses
44. Muscovado
45. Panocha
46. Powdered Sugar
47. Raw sugar
48. Refiner's syrup
49. Rice syrup
50. Sorbitol
51. Sorghum syrup
52. Sucrose
53. Sugar (granulated)
54. Treacle
55. Turbinado sugar
56. Yellow sugar

Bonus (Fake Sugars):
Splenda
Aspartame

