



**Includes:
30-Day
Challenge**

Eliminate Added Sugar: 7 Steps to a Zero-Sugar Diet

Eliminate Added Sugar: 7 Steps to a Zero-Sugar Diet

If you're reading this brochure, chances are you're interested in reducing your sugar intake or perhaps even eliminating added sugars from your diet altogether.

With added sugars hiding in everything from breakfast cereals to salad dressings, it can be tough to navigate the grocery store and find truly healthy options. But fear not!

This guide will provide you with seven actionable steps to help you cut out added sugars and start enjoying the benefits of a zero-sugar diet.

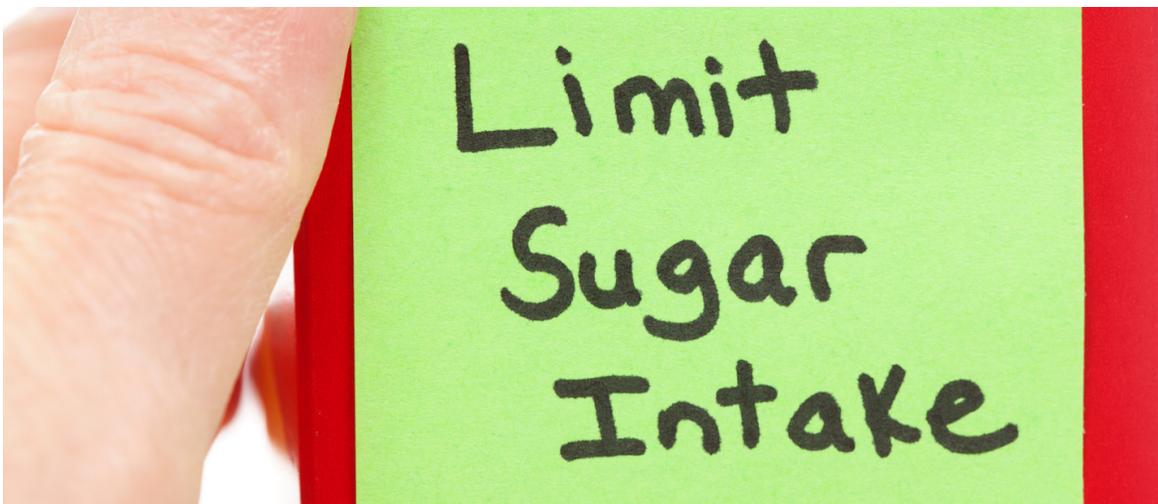
By taking these seven steps, you'll improve not only your physical health but also your mental clarity, energy levels, and overall well-being.

So let's get started on the path to a healthier, happier you!

Track sugar intake

Start by reading the nutrition labels of all the foods and drinks you consume. Focus on the total sugar content listed on the label and the ingredient list. Look for added sugars such as high fructose corn syrup, corn syrup, sucrose, and other sweeteners. Don't forget also to check the serving size as the sugar content can vary depending on the serving size.

Recording your food intake in a tracking app or journal can be a helpful tool for monitoring your sugar intake. You can use an app such as MyFitnessPal or Lose It!, or simply keep a food journal where you jot down everything you eat and drink throughout the day. Make sure to record the total sugar content of each item and the time you consumed it. This will help you identify any patterns in your eating habits and keep you accountable to your zero-sugar goals.



Swap sugary drinks for water

One simple way to reduce your sugar intake is to swap sugary drinks for water. Sugary drinks such as soda, energy drinks, and sweetened teas and coffees can be a major source of added sugar in your diet. By replacing these drinks with water, you not only reduce your sugar intake but also increase your hydration and improve your overall health.

Drinking water is essential for keeping your body hydrated, helping with digestion, regulating body temperature, and promoting healthy skin. Unlike sugary drinks, water contains no calories or added sugars, making it a great choice for anyone looking to reduce their sugar intake and maintain a healthy weight.



Eat whole foods

Whole foods are foods that are minimally processed or unprocessed and free from added sugars, refined carbohydrates, and other unhealthy additives. By choosing whole foods, you not only reduce your sugar intake but also increase your intake of essential nutrients and fiber that are essential for overall health.

When shopping for whole foods, look for fresh produce, whole grains such as brown rice or quinoa, and minimally processed foods such as canned beans without added sugars. Avoid packaged foods that contain added sugars and other unhealthy additives, such as sugary cereals, snack bars, and processed meats.



Try a sugar substitute

If you have a sweet tooth but are looking to reduce your sugar intake, trying a natural sweetener or sugar substitute may be a good option for you. Natural sweeteners are derived from plants and can be a healthier alternative to processed sugars. They provide a similar sweetness to sugar but do not cause the same spikes in blood sugar levels.

Some popular natural sweeteners include stevia, monk fruit, and erythritol. Stevia is a zero-calorie sweetener that is extracted from the leaves of the stevia plant. Monk fruit is a low-calorie sweetener that is extracted from the monk fruit plant and has a sweet taste without the bitterness often associated with other sweeteners. Erythritol is a sugar alcohol that is naturally occurring in fruits and vegetables and has a similar taste to sugar but with fewer calories.



Cook a sugar-free meal

Cooking a sugar-free meal is a great way to challenge yourself to reduce your sugar intake and create healthier eating habits. By preparing your own meals, you have control over the ingredients and can avoid added sugars that are often found in processed foods and restaurant meals.

To cook a sugar-free meal, start by choosing whole foods that are free from added sugars, such as fresh vegetables, fruits, lean proteins, and whole grains. Use herbs and spices to add flavor to your dishes instead of relying on sugar or sugary sauces.



Share a healthy recipe

Sharing a healthy recipe with others is a great way to inspire others to eat healthily and reduce their sugar intake. It's also a great way to stay motivated and accountable on your own sugar-free journey. When sharing a recipe, consider choosing one that is low in sugar, uses whole, unprocessed ingredients, and is easy to make.

One idea is to share a sugar-free dessert recipe that uses natural sweeteners, such as stevia or monk fruit. You could make a delicious fruit salad with a drizzle of honey or a berry crumble made with almond flour and coconut sugar. Sharing a recipe that satisfies a sweet craving without adding unnecessary sugar can help others discover healthier alternatives to their favorite desserts.



Mindful eating

Mindful eating is essential to any zero-sugar challenge as it helps you become more aware of your food choices, eating habits, and how your body responds to food. Mindful eating involves paying attention to the taste, texture, and aroma of food while eating and noticing how your body feels before, during, and after a meal.

To practice mindful eating, start by slowing down and taking your time to eat. Take small bites, chew thoroughly, and savor each bite, paying attention to the flavors and textures. Avoid distractions such as TV or smartphones and focus on the food in front of you.

Also, pay attention to your hunger and fullness cues. Eat when you're hungry, and stop eating when you're comfortably full. Mindful eating can help you avoid overeating and prevent cravings for sugary snacks.



30-DAY ZERO-SUGAR CHALLENGE

1

Track your sugar intake for the day

2

Swap a sugary drink for water or herbal tea

3

Have a sugar-free breakfast

4

Make a sugar-free snack at home

5

Avoid added sugars in condiments and dressings

6

Choose whole fruit instead of fruit juice

7

Cook a sugar-free meal from scratch

8

Read the ingredient label

9

Share a healthy sugar-free recipe with a friend

10

Avoid sugary treats at office or in social settings

11

Use a natural sweetener

12

Choose unsweetened yogurt

13

Swap sugary cereals for whole grain options

14

Find a sugar-free dessert recipe to make at home

15

Enjoy a sugar-free night out with friends

16

Go for a walk after a meal instead of reaching for a sugary snack

17

Try a new vegetable or fruit you've never had before

18

Skip the sugary coffee drinks and make your own at home

19

Enjoy a sugar-free smoothie for breakfast or as a snack

20

Cook a sugar-free meal with a friend or family member

21

Avoid added sugars in pre-packaged snacks

22

Try a sugar-free version of your favorite dessert

23

Make a sugar-free sauce or dressing at home

24

Pack a sugar-free lunch to bring to work or school

25

Choose sugar-free gum or mints instead of candy

26

Create a sugar-free meal plan for the week

27

Use spices and herbs to flavor your food

28

Enjoy a sugar-free movie night at home

29

Avoid added sugars in canned or packaged fruits

30

Celebrate the end of the challenge with a sugar-free treat or activity

Remember, it's not about perfection but progress. Every step you take towards a zero-sugar lifestyle is a step towards better health and wellbeing. Stay motivated and accountable by setting realistic goals, celebrating your successes, and seeking support when you need it.

By taking the first step and committing to a zero-sugar challenge, you're investing in yourself and your health. With patience, perseverance, and a positive attitude, you can achieve a healthier, happier, and more fulfilling life.