

The Beat Sweets Challenge!

How does the program work?

1. Follow the daily calendar to help kick your sugar habit! Each day introduces a new focus to help reduce your added sugar intake.
2. Log your weight before and after the program (self-reported on the last page of this packet).
3. Complete a pre and post survey (on the last page of this packet).
4. Self-submit completed challenge packet to chris_buzzelli@trihealth.com by Friday, May 10th

GOAL: Minimize the added sugars in your diet. Read your food labels and keep your added sugars at or below 44 grams. Do this at least 5 days per week.

PROGRAM DATES: 4 Weeks — 4/8/2024-5/5/2024

Questions?

Contact Chris Buzzelli at chris_buzzelli@trihealth.com



The Beat Sweets Challenge!

Are you ready to kick sugar addiction?

This is a 4 week challenge to help you reduce your daily sugar intake by following the below guidelines:

- ⇒ Minimize added sugar in your diet. This includes both food and drinks. The 2015-2020 Dietary Guidelines for Americans recommends limiting calories from added sugars to no more than 10% each day. That's 200 calories, or about 12 teaspoons, for a 2000 calorie diet. The goal for this program is to eat/drink less than 44 grams of added sugars 5 out of 7 days each week.
- ⇒ Avoid processed products that have added sugar or sugar substitutes (pasta sauce, salad dressing, ketchup, yogurts, etc.). You will be doing a lot of label reading!
- ⇒ Read food labels to determine the added sugar content. Otherwise, avoid foods and drinks that contain the sweeteners on the list below.
- ⇒ Limit Alcohol intake. Definitely no mixed drinks!

- New food labeling now includes "added sugars".
- Not all products have switched to the new label, so have a look at the ingredients list to see if the product has added sugars!
- Added sugar can have many names. Look for the following:
 - Agave syrup
 - Brown sugar
 - Cane juice and cane syrup
 - Confectioners' sugar
 - Corn sweetener and corn syrup
 - Dextrose
 - Fructose
 - Fruit juice concentrates
 - Glucose
 - Granulated white sugar
 - High-fructose corn syrup
 - Honey
 - Invert sugar
 - Lactose
 - Maltose
 - Malt syrup
 - Molasses
 - Raw sugar
 - Sucrose
 - Syrup

NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	230
Calories	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

New: added sugars

Change in nutrients required



The Beat Sweets Challenge!

Why are “added sugars” so harmful?

- The scientific evidence underlying the 2010 and the 2015-2020 Dietary Guidelines for Americans support reducing caloric intake from added sugars; and expert groups such as the American Heart Association, the American Academy of Pediatrics, the Institute of Medicine and the World Health Organization also recommend decreasing intake of added sugars.
- It is difficult to meet nutrient needs while staying within calorie requirements if you consume more than 10% of your total daily calories from added sugars.
- On average, Americans get about 13 percent of their total calories from added sugars, with the major sources being sugar-sweetened beverages (including soft drinks, fruit drinks, coffee and tea, sport and energy drinks, and alcoholic beverages) and snacks and sweets (including grain-based desserts, dairy desserts, candies, sugars, jams, syrups, and sweet toppings).
- The FDA recognizes that added sugars can be a part of a healthy dietary pattern. But if consumed in excess, it becomes more difficult to also eat foods with enough dietary fiber and essential vitamins and minerals and still stay within calorie limits. The updates to the label will help increase consumer awareness of the quantity of added sugars in foods. Consumers may or may not decide to reduce the consumption of certain foods with added sugars, based on their individual needs or preferences.

How does the FDA define “added sugars”?

- The definition of added sugars includes sugars that are either added during the processing of foods, or are packaged as such, and include sugars (free, mono- and disaccharides), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices that are in excess of what would be expected from the same volume of 100% fruit or vegetable juice of the same type.

Try these Apps to help track your sugar intake and other foods!

- MyFitnessPal— www.myfitnesspal.com
- Yazio— www.yazio.com
- Fooducate— www.fooducate.com
- Lose It— www.loseit.com



The Beat Sweets Challenge Calendar—Week 1

Monday, 4/8	Tuesday, 4/9	Wednesday, 4/10	Thursday, 4/11
<p>REAL FOODS One of the best ways to avoid added sugars is to consume real, whole plant-based foods such as veggies, fruits, nuts, seeds & whole grains!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>MINDFUL EATING Consume meals + snacks without distraction. Savor the visual, taste, texture & smell of your meal to satisfy all senses!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>SNACK: CARROTS + NUT BUTTER Try this simple healthy snack combo! Carrots are sweet + crunchy & nut butters are packed with protein + fiber to help you feel satisfied!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>PROGRESS, NOT PERFECTION If you wait until everything is perfect to get started, it will never happen. Instead, focus on progress and doing your own personal best!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>
Friday, 4/12	Saturday, 4/13	Sunday, 4/14	<p>⇒ If you are craving something sweet, enjoy a piece of fruit! Not only will you satisfy that craving, you will also put a variety of nutrients and fiber in your body!.</p>
<p>CONNECT WITH A FRIEND A good support system is key for success! Tell a friend about your Beat Sweets Challenge & invite them to join you!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>CHANGE YOUR ROUTINE Our environment can trigger behavior. Example: Snacking while watching TV. Switch up your routine to break the habit!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>GET 8 HOURS OF SLEEP When we are sleep deprived, the body craves sugar to boost energy levels. Aim for 8 hours of quality sleep each night.</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	

Some participants may experience mild “withdrawal” symptoms when decreasing or eliminating sugar due to the fact that sugar affects the brain the same way addictive substances such as nicotine, cocaine and morphine do!

SYMPTOMS MAY INCLUDE: Fatigue, cravings, headaches, poor sleep, muscle aches & pains and depression.

WHAT TO DO: Eat more protein, increase your dietary fiber, drink more water, avoid artificial sweeteners, manage your stress, exercise, drink some greens, get enough sleep, eat something bitter, take a hot shower.

USE ESSENTIAL OILS TO HELP: Grapefruit and other citrus oils produce a filling affect when inhaled and help overcome sweet cravings, Peppermint may also help you feel full when inhaled and can help divert attention away from other cravings. Add a few drops of Lavender, Clary Sage or Frankincense to your bath and allow the thoughts of sweets to melt away.

The Beat Sweets Challenge Calendar—Week 2

Monday, 4/15	Tuesday, 4/16	Wednesday, 4/17	Thursday, 4/18
<p>DON'T GIVE UP! Great things never came from comfort zones! Repeat "I won't give up. I can do this!"</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>AVOID ARTIFICIAL SWEETENERS Research studies have shown that artificial sweeteners can still stimulate the pancreas to secrete insulin & result in the body craving more sugar!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>EAT 1 CUP OR MORE OF CRUCIFEROUS VEGGIES: Broccoli, Brussel Sprouts, and Cabbage. These veggies support a healthy weight & have anti-cancer properties.</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>BREAK A SWEAT Do what you can, but move your body today! Focus on quality of your activity, not quantity of time. Exercise is also a natural appetite suppressant.</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>
Friday, 4/19	Saturday, 4/20	Sunday, 4/21	
<p>DRINK WATER BETWEEN MEALS Dehydration can cause headaches, a slow metabolism and fatigue. Proper hydration can help boost energy levels naturally, without added sugar!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>HOMEMADE SALAD DRESSING Store-bought salad dressings & condiments can be loaded with sugar! Visit the Healthy Grocery Girl Blog or YouTube for recipes!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>TRY A NEW RECIPE: Watch free recipe videos at YouTube.com/HealthyGroceryGirl Shop & Prep to make a new recipe this week!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>⇒ The average American gets 270 calories of added sugar each day. That's about 17 teaspoons of sugar!!</p> <p>⇒ 4 grams of sugar = 1 teaspoon.</p> <p>⇒ 1 20 oz Coke has 16 teaspoons or 1/4 cup of sugar!</p>

NEED SOME INSPIRATION? TRY THESE RECIPES!

BREAKFAST: Sandwich with some Heft—try apple slices and almond butter on a toasted whole wheat English muffin or flat bagel.

LUNCH: Turkey Wrap—Spread a thin layer of hummus on a whole wheat wrap, layer oven roasted turkey breast, low fat cheese, baby spinach and chopped carrots. Roll up and enjoy! Serve with cut up veggies and fresh fruit.

DINNER: Peanut Broccoli and Pork Stir-Fry—Dice 8oz of pork and cook in 1 Tbsp of sesame oil in a frying pan. Add 2 cups of broccoli and 2 Tbsp of water. Wisk together 1/4 cup peanut butter powder, 1 Tbsp sesame oil, 2 Tbsp rice vinegar, 1 Tbsp low sodium soy sauce and 1 Tbsp water. Toss together pork, broccoli and peanut sauce with 1/2 cup diced green onions, 1/3 cup peanuts and 1 Tbsp black sesame seeds. Serve immediately.

SNACK: Veggies dipped in hummus

The Beat Sweets Challenge Calendar—Week 3

Monday, 4/22	Tuesday, 4/23	Wednesday, 4/24	Thursday, 4/25
<p>CHECK IN TIME! We are half way through! Keep it up. Think about what has been the most difficult challenge so far and how you have overcome it.</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>ADD YOGA Yoga can help us de-stress & reconnect with our body. When we are in tune with our body it is easier to make healthy dietary choices! Practice yoga today!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>IDENTIFY TRIGGERS FOR STRESS Write down 5 things that are causing stress in your life and 5 ways that you can manage them. For example, “Do not read emails first thing in the AM.”</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>GREEN AT EVERY MEAL The more veggies you eat the better! Today add greens to every meal! Morning smoothie, Salad at Lunch, Stir Fry for dinner, etc!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>
Friday, 4/26	Saturday, 4/27	Sunday, 4/28	<p>Other swaps you can make to decrease your added sugars:</p> <p>Swap sugary cereals for unsweetened cereal with fruit</p> <p>Drink water (flavored with fruit) with meals instead of sodas</p> <p>Have fruit for dessert instead of cookies and/or cakes</p>
<p>TRY A NEW GRAIN: We love naturally gluten-free grains like Quinoa, Millet or Buckwheat Groats! Look for these in the grain aisle at the store.</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>GREEN DRINK! 1 green apple, 2 cups spinach, 1/2 cucumber, 1 lemon (juiced), 1/4 cup parsley, 1/2 cup ice, 1/2 cup water—blend and enjoy!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	<p>SIMPLIFY Pick a room or area of your house to clean & organize. A clean, minimal environment can help reduce stress!</p> <p>Was your added sugar intake less than 44 grams today?</p> <p>Yes No</p>	

NEED SOME INSPIRATION? TRY THESE RECIPES!

BREAKFAST: Oatmeal Pancakes—Mix 1/2 cup old fashioned oats, 3-4 egg whites, 1/4 of a grated apple, and cinnamon to taste. Let mixture sit for 5-10 minutes. Heat a nonstick pan over medium heat and coat with cooking spray. Ladle spoonfuls of batter onto the pan and flip when they start to bubble. Serve with fresh berries.

LUNCH: Peanut Butter Sandwich—Spread **natural** peanut butter on 2 slices of whole wheat bread. Slice a banana and add the slices to the sandwich. Serve with hummus and cut up veggies.

DINNER: Burger and Fries—Grill lean turkey burgers, top with sliced avocado and low fat cheese. Serve with baked sweet potato fries and a side salad.

SNACK: Low fat cottage cheese with berries or tomatoes

The Beat Sweets Challenge Calendar—Week 4

Monday, 4/29

SIP ON HOT LEMON WATER!

Health benefits:

- Balanced pH
- Boosts Immune System
- Supports digestion
- Natural cleansing & detox

Was your added sugar intake less than 44 grams today?

Yes No

Tuesday, 4/30

PRACTICE GRATITUDE

Instead of reaching for foods with added sugar to satisfy . . . Write down 5 things that are going well in your life and that you are thankful for!

Was your added sugar intake less than 44 grams today?

Yes No

Wednesday, 5/1

HYDRATION PARTY!

Dehydration can lead to fatigue, which can lead to craving sugar! Consume at least 1/2 your body weight in ounces of water today.

Was your added sugar intake less than 44 grams today?

Yes No

Thursday, 5/2

MEDITATE

Sit quietly for 5 minutes. Just breath. How do you feel? Repeat a positive word(s) you want as your mantra. For example, "I have everything I need."

Was your added sugar intake less than 44 grams today?

Yes No

Friday, 5/3

EAT AN APPLE!

An apple a day is a great way to satisfy that sweet tooth! Green apples are lower in sugar and contain fiber that can help you avoid a "sugar crash"

Was your added sugar intake less than 44 grams today?

Yes No

Saturday, 5/4

FOOD JOURNAL

For one week write down all food & drink intake to find clues that could be hindering your weight loss or overall health goals.

Was your added sugar intake less than 44 grams today?

Yes No

Sunday, 5/5

CELEBRATE!

You did it! Celebrate with a non-food reward such as a massage, a new facial mask, some fresh flowers or a relaxing bath!

Was your added sugar intake less than 44 grams today?

Yes No



NEED SOME INSPIRATION? TRY THESE RECIPES!

BREAKFAST: Scramble 2 eggs, add in your favorite veggies and a few tablespoons of low fat cheese. Serve with fresh berries and whole wheat English muffin

LUNCH: Greek pasta salad—Mix cooked whole wheat pasta with diced tomatoes, cucumber, artichoke hearts and feta cheese. Toss with olive oil and vinegar. Serve cold or warm.

DINNER: Herbed Grilled Chicken Breast—Mix 1 cup chopped herbs (basil, parsley, cilantro), 1/4 cup olive oil, 1/4 lemon juice, 2 minced cloves of garlic, salt and pepper. Add 3 chicken breasts and let marinate. Grill chicken for 10-15 minutes per side. Serve with cilantro lime rice and fresh fruit.

SNACK: Spinach dip with whole grain crackers

The Beat Sweets Challenge—Pre Survey

1. Current weight? _____
2. What other healthy habits do you want to improve as a result of participating in this challenge? Check all that apply.
Exercise 30 minutes Reduce Sodium Sleep 7+ hours
Manage stress Lose weight Limit alcohol
Improve eating habits Quit/Decrease tobacco
Increase water intake
3. Do you currently read food labels to try to decrease added sugar intake?
Yes No
4. Do you have a Primary Care Physician?
Yes No

*If no, please visit
TriHealth.com to find one!

The Beat Sweets Challenge—Post Survey

1. Current weight? _____
2. Did you meet your goal as a result of this program?
Circle one.
Yes No Progressing Towards Goal
3. What healthy habits did you improve as a result of participating in this challenge? Check all that apply.
Exercise 30 minutes Reduce Sodium Sleep 7+ hours
Manage stress Lose weight Limit alcohol
Improve eating habits Quit/Decrease tobacco
Increase water intake
4. On a scale of 0-10, how likely are you to recommend this program?
(10: very likely, 0: not likely)
0 1 2 3 4 5 6 7 8 9 10
Why or why not? _____

I certify that I have met the goal of less than 44 grams of sugar at least 5 days each week for 4 weeks.

Name: _____

Email: _____

Please send this completed challenge packet to chris_buzzelli@trihealth.com by Friday, May 10th.