Sugar Savvy
Challenge

There's a lot of hidden sugar in our diet.
Know how to find it!

What's the big deal?
- Added sugars are high in calories, but have no nutritional value.
- Added sugars cause your blood sugar levels to spike. The body then turns excess sugar into fat.
- Weight gain is linked to diabetes, heart disease, and more.
- Eating sugar makes you crave more sugar.
- Filling up on sugary foods leaves less room for more nutrient-rich foods.

Spotting sneaky sugars
Sugars in your diet can be naturally occurring or added. Natural sugars are found in foods like fruit and milk, while added sugars are common in packaged goods. Added sugars are the sugars to watch out for.

Tips for reducing your sugar intake
- Read food labels and limit how much added sugar you eat.
- Eat more fresh fruit and vegetables.
- Avoid processed foods.
- Choose water instead of sugary drinks.

Ready to take the Sugar Savvy Challenge? Here's what to do:
- Before eating packaged food, read the label. If sugar is listed in the first five ingredients, skip it and find something else.
- Log each day that you do NOT eat any foods that list sugar in the first five ingredients.
- Use the tracker below.
- Log at least 10 days
- Notice the benefits of cutting back on sugar!
- To track this challenge for a wellness activity:
    - www.azblue.com (for BCBS members)
    - www.PUHSDwellness.org (for employees that do not carry BCBS insurance)

Did you know?

Added sugars have many names.
Here's what to look for:
- corn syrup
- cane syrup
- honey
- ingredients ending in "-ose"
    - maltose
    - sucrose
    - dextrose

  They are all sugars.

- **Women** should limit sugar intake to no more than **six** teaspoons per day, about 100 calories.
- **Men** should limit sugar intake to no more than **nine** teaspoons per day, about 150 calories.
- The average American consumes **22 teaspoons** of sugar per day. **That's about 355 empty calories.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

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