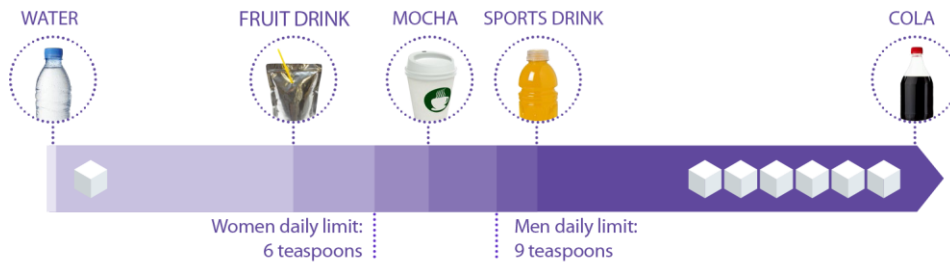




SUGAR SHAKE-UP CHALLENGE

WEEK 4: SUGAR – WHAT YOU EAT IS ONLY HALF THE STORY

Do you know how much sugar is in the beverages you drink? Even those marketed as “natural” and “good for you” like waters or sports drinks? The American Heart Association recommends limiting added sugar to nine teaspoons a day for men and six teaspoons a day for women.



It's easy to see how it can only take one beverage to get more than your entire day's worth of recommended sugar!

This week's challenge:

Check the label on your beverages and track the beverages you drink that contain sugar. Keep in mind that many beverages contain more than one portion size. One bottle can often contain two or more servings.

Week 4	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*What sweet drinks do you drink?	Breakfast: orange juice	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
	Lunch: diet cola	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
	Dinner: flavored water	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
	Snacks: Vitamin Water, wine	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:

*This is the focus for the week, so make sure you track this. All other rows are optional.



SUGAR SHAKE-UP CHALLENGE

This week's challenge *(Continued)*:

Week 4	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What do you eat that tastes sweet?	Breakfast: banana, donut	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
	Lunch: flavored yogurt, cookie	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
	Dinner: apple	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
	Snacks: granola bar, 2 mini candy bars	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:

Tasty Tip: replace your sugary beverages with a fruit-infused water.



Raspberries + orange



Strawberries + cucumber



Watermelon + mint



Apple + cinnamon



Orange + grapefruit



Cucumber + mint



Peach + rosemary