



TIPS FOR SUCCESS

in the Fed Up 10-Day Sugar-Free Challenge



- Are you concerned about heart disease, diabetes, cancer, or Alzheimer's?
- Are you worried about the health of your children or other relatives or loved ones?
- Do you have joint aches, mood swings (especially after eating), or wake up frequently at night?

You are not alone! A growing body of evidence now implicates the excessive intake of refined sugars in the development of many chronic illnesses, such as heart disease, cancer, type 2 diabetes, and Alzheimer's disease.

Where does all that sugar come from? The most common sugar-added foods we consume daily include breads, catsup, soups, salad dressings, crackers, cereals, yogurt, sauces, instant oatmeal, desserts, and soda pop (both regular and diet). A typical breakfast of processed and overly sweetened grains, breads, and cereals causes your blood sugar to peak at a high level and then plummet, leaving you craving more carbohydrates, thus creating a vicious cycle. Hidden sugars are rampant in our food!

Doing the Fed Up 10-Day Challenge will help you put an end to cravings and restore your energy and vitality. Break the vicious sugar cycle and be on your way to a new state of health.

How Sugar Works

When you eat carbohydrates like sugars, beans, whole grains, dairy products, fruits, and vegetables, your body breaks them down into blood sugar (glucose). Then, assisted by the hormone insulin, blood sugar enters your cells and produces energy. When excess glucose is generated from a high-sugar diet, insulin is released in higher amounts, which leads to inflammation, inner belly fat storage, increased blood triglycerides, and elevated blood pressure. Insulin signals your body to store extra glucose as BODY FAT and there is less energy available to fuel the normal demands on your muscle and brain! This is why high-sugar diets can make people feel tired and unable to concentrate well.

Today, sugar is added to nearly all processed foods, even those that are natural, organic, or otherwise apparently healthy. Unfortunately, lab tests show that the brain responds to sugar in a similar way as to cocaine, so reducing sugar intake can be challenging both because of its physiological effects and its abundance in food.

The glycemic index (GI) gives us some important information about your body's response to eating carbohydrate-based foods, categorizing them by their effect on blood sugar. Highly processed or refined grains all have a high GI and act just like sugars in the body! Eating low GI carbs that are high in fiber, such as veggies, fruits, beans, and peas, will help keep your blood sugar stable. Eating whole, low-GI food instead of processed food is the most effective way to help you make better food choices, get rid of cravings, and reduce your risk of disease. You will no longer be saying "I can't stop thinking about eating something sweet" or "I am SO hungry even though I ate an hour ago."

Where do you begin?

Here are 3 basic things you can do to significantly reduce excess sugar consumption:

1. Drink only healthy beverages

The first step in conquering your sugar habit is to get rid of all soda, both regular and diet. If it's not in your house, you can't drink it! A 20 oz soda contains 17 tsp of sugar! Alcohol, because it is a sugar, must also be avoided in a

ten day challenge. Any drink with artificial sweeteners under the names of aspartame or NutraSweet, sucralose or Splenda, acesulfame k, or sugar alcohols such as maltitol, xylitol, sorbitol, erythritol (or anything ending in -ol) will lead to more cravings and less stability for your blood sugar regulation.

2. Read labels to avoid hidden sugars

Plan to eliminate all hidden sugar around you for the next 10 days to ensure success. It is helpful to know how to read a label to identify hidden sugars and make smart choices (see table below). 4 grams sugar = 1 tsp. Be aware that some "healthy foods" such as fruited yogurt, granola bars, and instant flavored oatmeal can pack in 5-7 teaspoons of added sugar! Ingredients are listed in descending order with the most abundant ones first. The nutrition facts on a label can be confusing as added sugars are not clearly separated out. Read the ingredients first to check for sugars and then look at the facts.

3. Make healthier choices with whole, unprocessed foods

Have delicious snack choices available for the family, especially for kids, to grab when they are hungry: fresh fruits, nuts and seeds, fresh veggies, hummus, string cheese, hard-boiled eggs, and plain yogurt topped with fresh fruit. Let kids participate in shopping and meal preparation.

SUGAR in all its Forms

Agave nectar/syrup	Corn syrup/sugar	Fruit juice/Fruit juice concentrate	Lactose (milk sugar)
Barley malt	Corn sweetener/Corn syrup solids	Glucose/ Glucose solids	Malt/maltose
Beet sugar/grape sugar	High fructose corn syrup	Golden sugar/syrup	Maltodextrin
Brown rice syrup	Fructose/Crystalized fructose	Grape juice concentrate	Maple syrup
Brown sugar	Date sugar	Honey	Molasses
Cane juice crystals/ Cane sugar/juice	Dextran/dextrose	Invert sugar	Raw sugar/sucanat
Carob syrup	Evaporated cane juice		Sorghum syrup
Confectioner's sugar			Sucrose/Sugar
			Turbinado sugar



Hunger and Cravings are Normal.

The first few days may be more difficult, but don't confuse cravings or boredom with hunger!

- If you are used to eating sugar all day, you may feel an increase in fatigue for a day or two; but then you will find yourself feeling better than you can remember!
- Fruit is helpful for cravings in the first few days. Combine it with some protein to help keep your blood sugar stable.
- Eat consistent meals and snacks, with a balance of carbohydrate, protein, and fat every 3-4 hours. Avoid skipping meals and be sure to eat breakfast.
- Surround yourself with supportive friends and family.
- Drink adequate water or plain seltzer water with a wedge of lemon or lime. Sometimes what we think is a craving is really thirst.



Expect To Feel Great After Going Sugar-Free For 10 Days

Sugar is known to increase inflammation, decrease immune function, feed bad bacteria in your gut, and has been linked to such chronic diseases as cardiovascular disease, diabetes, depression, and migraines. After the Fed Up Challenge, you may feel an improvement in sleep, energy, focus, and concentration. You may even lose some weight.

Don't forget that the best way to be successful is to keep your blood sugar stable by eating low glycemic index foods, plenty of protein, and healthy fat. Stay hydrated, and eat enough so that you are not hungry. Say goodbye to cravings and get on your way to better health!

