

WEEK 1 CHALLENGE

no added sugar!

KICKSTART

– to a –
HEALTHIER
YOU!

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Let's RESET our bodies! Most of us consume way more added sugar than we realize. Results work best when you keep this challenge going for 3 weeks. The purpose is not to avoid sugar and sweeteners forever, but rather to see how our cravings go down and our palate adjusts without the excess of sugar we have become accustomed to consuming. Remember, you crave what you eat!



Sneaky Sugar Names

Agave Nectar	Glucose Solids
Barley Malt	Golden Sugar
Beet Sugar	Golden Syrup
Brown Sugar	Granulated Sugar
Buttered Syrup	Grape Sugar
Cane Crystals	High-Fructose Corn Syrup
Cane Juice Crystals	Honey
Cane Sugar	Icing Sugar
Caramel	Invert Sugar
Carob Syrup	Lactose
Castor Sugar	Malt Syrup
Confectioner's Sugar	Maltodextrin
Corn Sweetener	Maltose
Corn Syrup	Maple Syrup
Corn Syrup Solids	Molasses
Crystalline Fructose	Muscovado Sugar
Date Sugar	Panocha
Demerara Sugar	Raw Sugar
Dextran	Refiner's Syrup
Dextrose	Rice Syrup
Diastatic Malt	Sorbitol
Diatase	Sorghum Syrup
Ethyl Maltol	Sucrose
Evaporated Cane Juice	Sugar
Fructose	Syrup
Fruit Juice	Treacle
Fruit Juice Concentrates	Turbinado Sugar
Galactose	Yellow Sugar
Glucose	

NO REFINED SUGAR

- Avoid chocolate, cookies, candy, ice cream, cereal, biscuits, soda etc. Read the label! If it says "SUGAR" it should be avoided during this challenge.
- Watch out for sneaky sugar names such as those listed to the left.
- Watch out for sneaky and surprising products containing sugar such as peanut butter, bread, deli meat, salty snacks, etc. Always read the label to be sure!

NO SWEETENERS

- Avoid natural refined sweeteners such as honey, maple syrup, etc.
- Avoid natural unrefined sweeteners such as coconut sugar.
- Avoid chemically derived no-calorie sweeteners such as saccharin, aspartame and sucralose.
- Avoid natural no-calorie sweeteners such as stevia, monk fruit, etc.
- The problem with sweeteners is when we taste those sweeteners that are SWEETER than sugar we end up craving the real stuff but can't satisfy the craving.

MORE FRUIT

- Nature's candy is absolutely allowed! Eat more fruit and don't feel bad about it!



mind over munch

[YouTube.com/mindovermunch](https://www.youtube.com/mindovermunch)

[Click here to watch the Kickstart series!](#)