

Take the 10 Day Sugar Challenge

Eating and drinking too much added sugar can lead to weight gain, diabetes (high blood sugar) and heart disease.

Try to lower the added sugar you have by using this plan:

Day 1: Use less sugar in your morning coffee or tea. 1 spoon less than normal.

Day 2: Drink less juice. Mix 1/2 cup juice with water.

Day 3: Replace at least one soda daily with flavored seltzer water.

Day 4: Instead of sugary cereals have whole-grain cereal like Cheerios or Wheat Chex. Add fresh fruit to sweeten it the natural way.

Day 5: Condiments like ketchup and BBQ sauce can have a lot of sugar. Use lower sugar choices such as salsa, mustard or hot sauce.

Day 6: Instead of drinking juice squeeze a lemon or lime to your water.

Day 7: Read food labels. Try not to eat foods that have sugar listed as the first or second ingredient. Other words for sugar include:

Agave Nectar

Brown sugar

Barley Malt

Corn syrup

Fruit juice concentrates

High-fructose corn syrup

Honey

Invert sugar

Malt sugar

Molasses

Sugar molecules ending in
"-ose" (dextrose, fructose, glucose,
lactose, maltose, sucrose)

Syrup

Day 8: Instead of a pastry or bagel for breakfast have plain yogurt and fruit.

Day 9: Drink only water, fruit-flavored water or seltzer for one whole day.

Day 10: When making desserts for Thanksgiving use less sugar. Instead of 1 cup of sugar, try just 1/2 cup sugar.

Please join us for the sugar challenge by taking a selfie of you making one of these changes using #CHNdiabetesawareness

Talk to your CHN nutritionist if you have more questions!