



# Beat Sugar Cravings Challenge:

## Week #1

(November 28<sup>th</sup> – December 4<sup>th</sup>)

**MONDAY:** Reduce the amount of sugar from your everyday drinks (tea or coffee).

**Nutrition fact:** A typical 8-ounce serving of “Southern” iced tea has about 22 grams of sugar. Choose Green, Oolong, White, Rooibos or Black Tea. None of these pure teas will elevate your blood sugar levels.

**Challenge:** Take a 15-minute walk

**TUESDAY:** Check food labels.

**Nutrition fact:** Select foods that contain less than 5 grams of sugar per serving of the food.

4 grams of sugar is equal to 1 teaspoon of sugar. Americans eat about 20 teaspoons of sugar per day (National Health and Nutrition Examination Survey, 2005-2010).

Your goal is 6-9 teaspoons (24-36 grams) of sugar per day.

**Challenge:** Take two 10 minute walks (One in AM and the other in PM)

**WEDNESDAY:** Choose non-starchy vegetables!

**Nutrition fact:** Choose leafy greens, celery, cucumber, squash, carrots, mushrooms, bell peppers, artichokes, leeks, onions, radishes, okra, eggplant, asparagus, beans, beets and broccoli.

**Challenge:** Perform chair squats by standing and sitting from your desk chair (20 squats)

**THURSDAY:** Choose low glycemic index fruit!

**Nutrition fact:** High glycemic index fruit can raise your blood sugar. Choose apples, grapefruits, pears, dried apricots, oranges and prunes over moderate to high glycemic index fruits like dates, pineapple, cantaloupe, watermelon, kiwi and raisins.

**Challenge:** Stand and sit 40 times from your desk chair (20 times in AM, 20 times in PM)

**FRIDAY:** Avoid dried figs, mango, grapes (they contain between 15- 29 grams of sugar per cup).

**Nutrition fact:** Choose avocados, cranberries, raspberries, blackberries, and strawberries instead (they contain between 1-7 grams of sugar per cup).

**Challenge:** 10 minutes of marching in place

**SATURDAY:** Choose blood sugar friendly vegetables!

**Nutrition fact:** Avoid starchy veggies like potatoes, sweet potatoes, and corn. These vegetables have a considerably higher glycemic index value.

**Challenge:** 20 minutes of marching in place (10 minutes in AM, 10 minutes in PM)

**SUNDAY:** Drink Milk!

**Nutrition fact:** The label on a carton of regular low-fat milk says there are 13 grams of sugar per cup, 52 calories.

**Challenge:** 5 minutes jumping rope, kickboxing, or dance for at least ten minutes

# Beat Sugar Cravings Challenge:

## Week #2

(December 5<sup>th</sup> – December 11<sup>th</sup>)

**MONDAY:** Eat dried fruits!

**Nutrition fact:** Per serving, most types of dried fruit have no more sugar or calories than the fresh version. Dried fruit is also a good source of fiber, iron, potassium and antioxidants. \* **1/4 cup of dried fruit is equal to a 1 cup serving of fresh fruit.**

**Challenge:** 30-minute walk (15 minutes in AM, 15 minutes in PM)

**TUESDAY:** Try a green smoothie today!

**Nutrition fact:** Smoothies might seem like a great way to add fruit and dairy to your diet, but one major brand boasts 38 grams of sugar (9½ teaspoons) and 230 calories in a single-serving bottle. Green juicing uses large quantities of leafy veggies such as, spinach, chard, broccoli and kale. Kale happens to be packed with beta-carotene, calcium, vitamin C and vitamin K! <https://www.healthysmoothiehq.com/diabetic-smoothies>

**Challenge:** 2-minute plank (1 minute in AM, 1 minute in PM)

**WEDNESDAY:** Try one cup of fresh squeezed orange juice today!

**Nutrition fact:** Research shows orange juice is more nutrient rich than many commonly consumed 100% fruit juices like apple, grape, pineapple and prune juice.

**Challenge:** Walk 20 minutes or more

**THURSDAY:** Try whole-wheat pasta with fresh tomato sauce. Add olive oil, black pepper, salt and garlic!

**Nutrition fact:** **One fourth of a bottle of ketchup is sugar.** Add tomato flavor to your food, with slices of tomato, tomato vinaigrette, a hefty helping of spicy salsa, or a few dashes of hot tomato sauce.

<http://www.diabetesforecast.org/2011/jan/recipes/italian-tomato-sauce.html?referrer=https://www.google.com/>

**Challenge:** 4 minutes of jumping jacks (2 minutes in AM, 2 minutes in PM)

**FRIDAY:** Try a homemade barbecue sauce recipe (<http://paleogrubs.com/bbq-sauce-recipes>).

**Nutrition fact:** **You should always use barbecue sauce sparingly:** One popular brand of barbecue sauce has 12 grams of sugar (3 tsp.) in only 2 tbsp. With high-fructose corn syrup listed as the second ingredient, and molasses the third, added sugar accounts for 80 percent of the calories.

**Challenge:** 30-minute walk (15 minutes in AM, 15 minutes in PM)

**SATURDAY:** Drinking 2-3 glasses of milk per day would meet your calcium needs!

**Nutrition fact:** A cup of milk provides more nutrition than most fruit juices and sports drinks, and is one of the best sources of dietary calcium that your body can readily absorb. A one-cup serving provides 30 percent of our daily value for calcium, 25 percent for vitamin D, 24 percent of riboflavin (vitamin B2), 20 percent of phosphorus and 11 percent for potassium.

**Challenge:** 10 minutes of marching of in place + 10 burpees

**SUNDAY:** Eat yogurt!

**Nutrition fact:** Low-fat yogurts tend to have even more sugar than full-fat yogurt. This is because the fat taken out of yogurt is replaced with sugar to make it taste better. Choose full-fat plain yogurt instead, preferably from a grass-fed source, and add your own fruit and/or honey.

**Challenge:** 4 minutes of burpees, or 4 minutes of mountain climbers (2 minutes in AM, 2 minutes in PM)

# Beat Sugar Cravings Challenge:

## Week #3

(December 12<sup>th</sup> – December 18<sup>th</sup>)

**MONDAY:** Try olive oil and vinegar salad dressings!

**Nutrition fact:** Fat-free salad dressings are often laden with sugar. This is because manufacturers rely primarily on sugar and salt in order to eliminate the fat but keep some flavor. Sometimes there's as much as 8 grams of sugar (2 tsp.) per 2 tablespoons of dressing. **Consuming olive oil and vinegar salad dressings frequently (at least five times per week) has shown a 50% lower risk of fatal coronary artery disease in woman** (2003 study published in the American Journal of Clinical Nutrition).

**Challenge:** Step up and down on a bench or a box for 1-3 minutes

**TUESDAY:** Choose a better substitute! Try to make a homemade dessert!

**Nutrition fact:** Some cookies contain roughly 60% fat and are extremely high in trans-fat (which has been linked to heart disease and diabetes). Try to find a brand that will give you the same crème-filled satisfaction as the other at a fraction of the calories and fat. For instance, swap Oreo cookies (serving of 3 cookies=7 grams fat, 160 calories) for Snack Well sandwich cookies (serving of 2-3 cookies=3 grams of fat, 110 calories).

<http://greatist.com/health/83-healthy-recipe-substitutions>

**Challenge:** 100 jumping jacks (50 in AM, 50 in PM)

**WEDNESDAY:** Eat chickpeas today!

**Nutrition fact:** Chickpeas contain healthy protein, fiber, vitamins and minerals. They are also low in saturated fat, cholesterol, and sodium. Try sprinkling a handful of chickpeas on a salad, add whole or pureed chickpeas to soup, or use mashed chickpeas in place of mayonnaise on your sandwiches.

<http://www.realsimple.com/food-recipes/browse-all-recipes/five-minute-hummus-recipe>

**Challenge:** Hold a plank for 1-2 minutes (30-60 seconds in AM, 30-60 seconds in PM)

**THURSDAY:** Cut down on sweet spreads!

**Nutrition fact:** Cut down on sweet spreads such as jam, marmalade and honey. Instead, try small amounts of prune/date spread, nut butter or tahini with banana, avocado or cottage cheese.

**Challenge:** 30 minutes of yard work

**FRIDAY:** Try to eat plain yogurt with fresh fruit, nuts, or seeds.

**Nutrition fact:** Watch out for added sugars in yogurt. Some commercial yogurts contain up to 30 grams of sugar per 6 ounces. Products labeled "low-fat" may still contain high amounts of sugar.

**Challenge:** 30-minute walk (15 minutes in AM, 15 minutes in PM)

**SATURDAY:** Try adding coriander, cinnamon, nutmeg, cloves or cardamom to your food.

**Nutrition fact:** Spices will naturally sweeten your foods and reduce cravings.

<http://food.unl.edu/documents/Spice%26HerbsHandout08.pdf>

**Challenge:** 4 minutes of burpees or 4 minutes of mountain climbers (2 minutes in AM, 2 minutes in PM)

**SUNDAY:** Sleep for 8 hours tonight!

**Nutrition fact:** When we are tired, we often use sugar to counteract the exhaustion and provide us with energy.

**Challenge:** 60-minute walk (30 minutes in AM, 30 minutes in PM)

# Beat Sugar Cravings Challenge:

## Week #4

(December 19<sup>th</sup> – December 25<sup>th</sup>)

**MONDAY:** Take a “breathing break” to reduce sugar cravings.

**Nutrition fact:** Find a quiet spot to sit for a few minutes and focus on your breathing. After a few minutes of this breathing exercise, the craving should pass.

**Challenge:** <http://www.mindbodygreen.com/0-23464/an-easy-breathing-exercise-to-help-you-curb-cravings.html>

**TUESDAY:** Eat whole fruits instead of fruit juice 3 times a week to reduce the risk of developing Type 2 Diabetes.

**Nutrition fact:** People who eat whole fruit (especially blueberries, grapes and apples) are less likely to develop Type 2 Diabetes than those that drank fruit juice.

**Challenge:** Step up and down on a bench or a box for 2-4 minutes

**WEDNESDAY:** Replace sweet drinks with H<sub>2</sub>O (water). Add fresh lemon, lime, mint, cucumber, or even some mashed fruit for flavor!

**Nutrition fact:** The American Heart Association recommends limiting added sugars to less than **100 calories per day for women** and **150 calories per day for men**, which means that a single soda could exceed that limit!

**Challenge:** Walk for 30 minutes or more

**THURSDAY:** Limit sugary treats to once or twice per week.

**Nutrition fact:** Pick a day or two per week to enjoy goodies like candy, baked goods, or ice cream.

<http://www.shape.com/weight-loss/food-weight-loss/craving-something-sweet-20-snacks-under-200-calories>

**Challenge:** 3-minute plank (1.5 minutes in AM, 1.5 minutes in PM)

**FRIDAY:** Say “**No thanks!**” to candy, chocolate, doughnuts, ice-cream, cake, cookies, and sweet drinks.

**Nutrition fact:** Are free sweets really free? Many work sites, businesses, or offices will have candy or other sweets on hand for employees to snack on. You will pay for the “free” treats later on in poor health and belly fat!

**Challenge:** 10 minutes of marching in place

**SATURDAY:** Enjoy more greens such as kale, spinach, spirulina, chard, arugula, broccoli, avocado, and pumpkin seeds. Or try fresh herbs like parsley and cilantro.

**Nutrition fact:** Chlorophyll found in dark green leafy vegetables not only cleanses the blood and reduces inflammation, but also contains magnesium and blood sugar regulating properties. Chlorophyll also cleanses your liver by preventing cancer-causing substances from attaching to cells.

**Challenge:** 100 jumping jacks (50 times in AM, 50 times in PM)

**SUNDAY:** Eat cereals! Three popular cereals from the Center of Science in the Public Interest’s recommended “Best Bites” list are: Post Bran Flakes (130 calories, 5 g of fiber, 1.5 tsp sugar per cup)

Kashi GOLEAN (140 calories, 10 g of fiber \*includes insoluble fiber, 1.5 tsp sugar per cup)

General Mills Fiber One (80 Calories, 110 calories, 10 g of fiber \*includes insoluble fiber, 1 tsp sugar per cup)

**Nutrition fact:** Don’t eat breakfast cereals that **change the color** of the milk. Such cereals are highly processed and full of refined carbohydrates as well as chemical additives.

**Challenge:** 30 minutes of yard work + 30-minute walk

**NAME:** \_\_\_\_\_ **DEPARTMENT:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_