



## **Sugar Challenge Week 1**

**What to expect:** As with any dietary change, sticking to it is key. If your goal for this challenge is to reduce sugar from your diet long term, being able to get through the first few difficult weeks of this challenge is crucial. Sugar in itself isn't "bad", but it should be eaten in moderation alongside a healthy diet. The first two weeks of the challenge are the most difficult because you are training your body to restrain from added sugar that used to be a part of your diet and may have even become an addiction. Don't be alarmed if over the next few weeks, you don't feel like yourself. You may start experiencing "sugar withdrawal" symptoms that often include brain fog, anxiety, headaches, fatigue and even depression. It's pretty amazing the effects sugar has on our bodies.

**What you can do to offset symptoms:** To help prevent or combat symptoms, make sure you are drinking plenty of water, getting enough sleep, consuming fiber and protein, and exercising regularly.

**What to eat:** During this challenge, no food is off limit other than sweeteners. Remember, sweeteners include the artificial *and* the natural kind, like honey and maple syrup. Try to eat foods from the five food groups: proteins, dairy, fruits, veggies and whole grains. This will help keep your body sustained with the nutrients it needs to function properly. Don't forget to eat! Make sure you're eating real food regularly throughout the day. Drink extra water to help curb your cravings.

### **Snack Ideas:**

Eggs  
Nuts  
Cheese  
Fruit  
Hummus  
Veggies  
Lunchmeat (lookout for added sugar)  
Smoothies  
Fresh squeezed juice  
Plain yogurt with fruit

**Foods that commonly contain added sugars:** Most breads, packaged protein bars, granola, flavored yogurt, gum, dressings, beef jerky, dried fruits, fruit juice, cereals, common lunch meats, most meals at restaurants, and most pre-packaged foods.

Don't worry, you can find quality food with good ingredients if you look for it! As a word of encouragement, if you happen to get off track one day and eat some added sugar, you can still jump right back into it and continue the challenge. This doesn't have to be perfect, just give it your best!

This week's challenges:

- Prep 3 healthy no added sugar snacks that you enjoy (post a photo on the [SPH Challenge Facebook page!](#))
- Keep a journal of how you are feeling as you begin so you can see any changes throughout the challenge – [Use these Journal Prompts and symptom chart](#)