



# St. Peter's Health

## **Sugar Challenge Week 3**

**You are almost done with the Sugar Challenge!** This week, hopefully your withdrawal symptoms are mostly over and you're feeling great! Three weeks is a long time to go without added sugar and it may feel extra challenging to stay on track at this point. The best way to keep up with it is to be prepared with healthy snacks and homemade recipes. A little food prep for meals and snacks on the weekend can go a long way during a busy week. Give yourself grace on days where the detox seems like too much and be ready to get right back on track if you cave to those cravings.

**Think back to WHY you started the challenge.** If you are struggling to keep going or considering ending it early, think back to your initial reasoning for doing this challenge. If you used the [Journal Prompts](#) from the Week 1 email, look back at what you wrote. Think about how your body will benefit from less added sugar. By the end, you should have reduced cravings for sugar and unhealthy foods. Not consuming additional sugar during the challenge will allow your blood sugar to stabilize. This reduces the highs and lows of blood sugar, which can cause you to crave sugar and other foods that provide no actual nourishment. These highs and lows also give your body a short burst of energy before you crash and need another sugar boost. The nourishment you will be getting during this challenge without the additional sugar will also help to reboot your metabolism. Consuming healthy foods gives your body long lasting energy with no crash.

**Now is the time to get creative and plan ways to keep your food and daily activities interesting.**

This week's challenges:

- During your next trip to the grocery store, find some unique produce to try
- Plan different cuisines to try this week: Thai, Caribbean, Indian or Korean. Be careful to watch for ingredients with added sugar and substitute them if needed
- Look up "Naturally sweetened recipes" or "No added sugar recipes" to get to some fun, new, sugar free recipes to try!

**Stay strong and carry on, you are almost there!**