



Sugar Challenge Week 4

Congratulations! You made it through the “detox” part of this challenge. Hopefully your cravings have leveled out and your energy is stable throughout each day. This week we will reintroduce added sugar in a healthy way while staying within the recommended limits of 10tsp (40g) per day and continuing to avoid synthetic sugars.

We want to avoid the “restrict-binge” pattern that you may have experienced if you’ve ever tried to follow a specific diet before. This is the cycle of limiting certain foods or calories then overindulging. If this happens, do not restrict the next day to “make up” for it. Give yourself grace and focus on nourishing your body with a balanced diet.

Why are we still avoiding synthetic sugars? Research has found that artificial sugars may be harmful to the body. They can negatively impact weight, blood sugar control, and gut health, while increasing the risk of cardiovascular disease and certain cancers. As a reminder, artificial sweeteners include: saccharin, aspartame, sucralose (Splenda), Acesulfame potassium (Ace-K), Neotame, and Advantame.

How to reintroduce: We recommend that you reintroduce added sugars gradually throughout this final week. Adding it all back at once may induce cravings and cause blood sugar spikes. Continue consuming a balanced diet and prioritizing natural sugars found in fruits and vegetables, as well as high-fiber foods to keep your blood sugar regulated. As you add sugar back into your diet, be mindful of how you feel after you eat it. Are you crashing shortly after? Do you notice any digestive issues? Does it leave you craving more? Noticing how certain sugars and amounts of sugar affects your body can help you adjust your intake to feel your very best!

This week's challenges:

- Check in with yourself after consuming added sugar. Notice how your body responds.
- If you are completing the weekly [journal prompts](#), compare your chart from week 1 to now. What changes did you notice?