



# Limit Sugary Foods

## CHALLENGE

Curb sugar cravings to protect your health

## Requirements to complete this HEALTH CHALLENGE™

1. Read “Limit Sugary Foods.”
2. Create a plan to limit sugary foods in your diet.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Are you going to eat that? Doughnuts, chocolate, pie, cake, ice cream.

It didn't seem like a big deal to North Carolina resident Stephanie Miller.

Everybody eats sugary treats, snacks, and desserts, right?

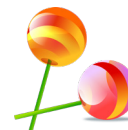
But when she couldn't seem to lose weight, even though she was active, she took a closer look at her diet.

“I realized the sugar I continued to eat was defeating my healthy lifestyle efforts,” says Stephanie. “Who wants to workout for an hour, only to realize it was basically for nothing because you just ate a candy bar?”

### Are You Addicted to Sugar?

Think about it. How often do you eat sugary treats, snacks, and desserts? Do you drink sugar-sweetened beverages like soda, energy drinks, and coffee with sugar and cream?

### Quiz: How Much Do You Crave Sugar?



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1.   Do you have trouble waking up in the morning and often crash in the afternoon?
2.   Do you often have headaches, brain fog, or moodiness?
3.   Do you crave sweet treats and carbs like pasta, bread, and white rice?
4.   Do you feel guilty after eating sugary snacks, then eat more?
5.   Do you eat sweet treats or drink a soda at least once a day?

If you answered “YES” to any of these statements, you're probably eating too much sugar. Maybe you eat a lot of candy or dessert. But did you know added sugar is also found in many other foods like cereal, yogurt, bread, and sauces?<sup>2</sup> If you're eating too much sugar, your brain and your body will keep wanting more. Fortunately, diet and lifestyle changes can help.

Stephanie realized her sugar habit was keeping her from losing weight. But she also worried eating too much sugar could raise her risk for other health problems.<sup>1</sup> And that was the tipping point.

“Breaking my sugar addiction really was the hardest habit I've had to change,” says Stephanie. “When I say I was a sugar addict, I truly lived off of sugar.”

But things turned out pretty sweet. Stephanie made changes to her diet to limit sugary foods. It took some practice, but it worked. Cutting back on sugar helped her lose weight, boost energy levels, and improve her health.

Want to improve your diet and your health? Take the month-long Health Challenge to Limit Sugary Foods.

