



HEALTH AND WELLBEING CHECKLIST

Date

53

Sugar Reduction Steps

Reducing sugar intake can improve energy, focus, and overall health. Use this checklist to cut back on added sugars.

Identify Hidden Sugars in Foods

- Read labels for added sugars in products like sauces, cereals, and snacks.
- Tip: Look for terms like "corn syrup," "fructose," or "sucrose."



Swap Sugary Drinks for Water or Alternatives

- Replace soda and fruit juices with water, herbal tea, or sparkling water.
- Example: Add a splash of lemon or lime for flavour.



Choose Whole Foods Over Processed Foods

- Opt for fruits, vegetables, and whole grains instead of pre-packaged snacks.
- Tip: Snack on nuts or fresh fruit instead of candy or chips.



Cook at Home More Often

- Prepare meals from scratch to control the amount of sugar in your diet.
- Example: Make your own pasta sauce or salad dressing.



Limit Sugary Desserts

- Enjoy sweets in moderation or replace them with healthier options.
- Example: Swap ice cream for Greek yoghurt with honey and fresh berries.



Gradually Reduce Sugar in Recipes

- Cut back sugar in your baking or cooking by 25-50%.
- Tip: Substitute with natural sweeteners like applesauce or mashed bananas.





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Practice Mindful Eating

- Savour sweets when you do indulge and eat smaller portions.
- Tip: Avoid mindlessly snacking on sugary treats.



Monitor Cravings and Triggers

- Keep track of when and why you crave sugar to identify patterns.
- Example: Replace an afternoon sugar craving with a walk or herbal tea.



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