



Nutrition Counseling Services LLC

“Less is Best” Sugar Challenge

Purpose Statement: The purpose of this challenge is to determine your current added sugar intake. If your sugar intake is high, then the goal is to reduce “**added**” sugars.

Information: A small amount of natural sugar does fit into a healthy diet. Natural sugars are sugars that are naturally occurring in foods, such as in fruit and milk. These foods have other nutrients which are important for good health. However, the focus on this challenge is on reducing “**added**” sugar. How much sugar should you consume a day? Consensus varies.

The **2015-2020 Dietary Guidelines for Americans** recommend no more than 10% of your total calories from sugar. For example:

1200 calories/day, 30 g/day
1500 calories/day, 38 g/day
1800 calories/day, 45 g/day
2000 calories/day, 50 g/day

The **American Heart Association** recommends a daily intake of sugar of:

Adult Women: No more than 6 tsp (25 grams)
Adult Men: No more than 9 tsp (37 grams)
Children: No more than 3 tsp (12 grams)
Teens: No more than 8 tsp (33 grams)

Challenge Steps:

- A. Download and Review the “**Rethink Your Drink**” & “**Cut Down on Added Sugars**” handouts.
- B. Using an online (such as www.myfitnesspal.com) or a paper journal, record your sugar intake for three (3) days.
- C. Add the total sugar consumed for each day. Fill the numbers in the chart below.
 - Is it higher or lower than the recommended goals? _____
 - Is the sugar natural sugar or added sugar? _____
 - What foods/beverages are highest in sugar? _____
- D. Replace foods and beverages which are high in added sugar with lower sugar options.

Day	Total Sugar Intake
1	
2	
3	

What changes do you need to make to your diet? _____

Return this sheet by email (carol@eatinghealthier.net) or fax (704-734-0662).

Your Name: _____ Contact Number: _____