

NO SUGAR CHALLENGE - Weekly Journal

DIRECTIONS:

- #1 - Eat only foods that DO NOT have any form of sugar in the first 3 ingredients!
*see hidden sugar names on left hand side bar of www.bigredpe.com or back page
- #2 - Record your daily activities (*struggles and positives*) on this food log - be sure to reflect each day. *use an additional paper if necessary
- #3 - Keep it simple! There are tons of foods readily available for you to eat. YES, do your best to eat natural, unprocessed foods (shop the outside of the supermarket)...read the ingredient labels carefully.
- #4 - GRAB A FAMILY MEMBER or FRIEND! Any walk of life is better with a partner. - a nutrition challenge is no exception. Have them fill it out a journal and get an additional +10 points!

DAY 1 # of cheats: 0 1 2 3 Too Many (circle) DATE: _____

Struggles of the Day:

Positives of the Day:

Food Log (List your foods for the day)::

DAY 2 # of cheats: 0 1 2 3 Too Many (circle) DATE: _____

Struggles of the Day:

Positives of the Day:

Food Log (List your foods for the day)::

DAY 3 # of cheats: 0 1 2 3 Too Many (circle) DATE: _____

Struggles of the Day:

Positives of the Day:

Food Log (List your foods for the day)::

Name: _____ Class: _____

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DAY 4 # of cheats: 0 1 2 3 Too Many (circle) DATE: _____

Struggles of the Day:

Positives of the Day:

Food Log (List your foods for the day)::

DAY 5 # of cheats: 0 1 2 3 Too Many (circle) DATE: _____

Struggles of the Day:

Positives of the Day:

Food Log (List your foods for the day)::

DAY 6 # of cheats: 0 1 2 3 Too Many (circle) DATE: _____

Struggles of the Day:

Positives of the Day:

Food Log (List your foods for the day)::

DAY 7 # of cheats: 0 1 2 3 Too Many (circle) DATE: _____

Struggles of the Day:

Positives of the Day:

Food Log (List your foods for the day)::

RESPECT your body.....**FUEL** your body
CHALLENGE your body.....**MOVE** your body
And most of all.....**LOVE** your body

NO SUGAR CHALLENGE

Reflection

1. What was your greatest struggle? How many cheats did you have? Were certain days more difficult? (3 pts)
2. Did you change any specific food choices? If so, what did you change and are you likely to keep this change going? If not, what was your GO TO healthy choice for the week? (2 pts)
3. What did you learn from this challenge? (1 pts)
4. Did you ask anyone to complete this challenge with you? If so, WHO? If not, do you think it might have helped? (2 pts)
5. Would you attempt to complete this challenge again? Why or why not. (2 pts)

56 DIFFERENT NAMES FOR SUGAR

AGAVE NECTAR	BARLEY MALT
BLACKSTRAP MOLASSES	BUTTERED SYRUP
CANE SUGAR	CAROB SYRUP
CONFECTIONER'S SUGAR	CORN SYRUP SOLIDS
DATE SUGAR	DEXTRAN
DIASTATIC MALT	ETHYL MALTOL
FLORIDA CRYSTALS	FRUIT JUICE
GALACTOSE	GLUCOSE SOLIDS
GOLDEN SYRUP	HIGH-FRUCTOSE CORN SYRUP
ICING SUGAR	LACTOSE
MALTODEXTRIN	MAPLE SYRUP
MUSCOVADO	PANOCHA
REFINER'S SYRUP	SORGHUM SYRUP
SUGAR	TURBINADO SUGAR
BARBADOS SUGAR	BEET SUGAR
BROWN SUGAR	CANE JUICE CRYSTALS
CARAMEL	CASTOR SUGAR
CORN SYRUP	CRYSTALLINE FRUCTOSE
DEMERARA SUGAR	DEXTROSE
DIATASE	EVAPORATED CANE JUICE
FRUCTOSE	FRUIT JUICE CONCENTRATE
GLUCOSE	GOLDEN SUGAR
GRAPE SUGAR	HONEY
INVERT SUGAR	MALT SYRUP
MALTOSE	MOLASSES
ORGANIC RAW SUGAR	RAW SUGAR
RICE SYRUP	SUCROSE
TREACLE	YELLOW SUGAR