



Lesson 13: Homework

- 1) Go through your pantry and look for foods that have sugar (any type of refined or artificial sugar) as an added ingredient. (Worksheet 1)
- 2) Brainstorm ways that you can replace these foods in your diet. (Worksheet 1)
 - a. Make a list of all of the foods that you are eating that have sugar in them.
 - b. Find sugar-free (ex: stevia) or naturally sweet substitutes (ex: pure maple syrup) for these products. Learn to use these substitutes to improve your health and meet your weight loss goals.
- 3) Continue to follow the Club Reduce nutrition and lifestyle guidelines.
- 4) Download and listen to the SMT session for this week.

Learn it Live it Lose it

Worksheet 1: Hidden Sources of Sugar in Your Diet

In the first column, write down any foods you find that have sugar listed as an ingredient. Keep an eye out for hidden sugars like high-fructose corn syrup, cane sugar, corn syrup, powdered sugar (confectioner's sugar), syrups, etc. Find substitutes for these foods that will help you to improve your health and meet your weight loss goals.

Example: Hidden Source of Sugar and Replacement

Source: Heinz Ketchup

Replacement: Homemade Tomato Sauce

SOURCE OF SUGAR:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____
- 11) _____
- 12) _____
- 13) _____
- 14) _____
- 15) _____

REPLACEMENT FOOD:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____
- 11) _____
- 12) _____
- 13) _____
- 14) _____
- 15) _____