

SUGAR DETOX

Week 4 Packet





CARBOHYDRATES, FRUITS, & ALCOHOL

According to the Harvard Medical School, "picking good sources of carbs, i.e., low glycemic index carbohydrates, can curb blood sugar spikes and cravings, helping to control blood sugar and body weight."

Fruits often give us similar effects as added sugars, they make us feel good and sometimes want more! However, when eaten in whole form such as a piece of fruit or a sweet potato, you get the added benefit of also ingesting nutrients like fiber and other vitamins and minerals. For this reason, some many not feel the need to reduce intake of fruit.

The type of "carbohydrates" that we will be focusing on are refined/processed grains and baked goods, since many good kinds of carbs come from whole foods that have not been processed at all (fruits and veggies). Processed carbs taste great, can make us feel satisfied for a short period of time, and then can sometimes cause a "crash", stomach ache, or a "food coma" if eaten in excess or regularly. Additionally, alcoholic beverages are often filled with sugars and carbohydrates that can affect cravings for unhealthy foods, or even more sugar.

Remember, the main focus of this sugar detox is reducing overall intake or sugar, not necessarily riding your body of any and all forms of sugar. However, taking this step of elimination can help you to "reset" your body when it comes to how it processes and handles sugar as well as cravings, and even help to regulate mood and sleep.

WEEK 4: KEY OBJECTIVES

1. Continue efforts to reduce consumption of processed, pre-packaged, and restaurant foods that you are eating.
2. If you chose to delay one week during week 3, then start "Route 2" from week 3. Refer to week 3 packet for guidance.
3. If you completed Route 2 during week 3, now it is time to look at your carbohydrate, fruit and alcohol intake.
4. Steps this week will include **reducing one, two, or all three** areas (carbohydrates, fruits and alcohol). This is your journey, and this detox is merely a guide to making choices based on how you are feeling and what you want to achieve.

STEPS THIS WEEK

Pick one, two, or three areas to reduce intake. If you would like to extend this part, you can pick one area now, and then add in another area next week, and then the week after.

Route 1: Carbohydrates

1. Choose low glycemic index carbohydrates. Some examples include: steel-cut oats, brown rice, bulgur, peas, and leafy greens.
2. *Limit* or completely avoid consumption of foods such as baked goods, potatoes, white rice, white bread, instant oatmeal, and corn/ corn flakes. These food are considered to be high glycemic carbohydrates, which means that your body rapidly breaks them down and causes a spike in blood glucose levels. See table on next page for a few food replacement suggestions.



INSTEAD OF THIS...	TRY THIS
White rice	Brown rice
Pasta	Bulgur
Instant oatmeal	Steel-cut oats

Route 2: Fruits and Alcohol

When it comes to fruits, some of the common fruits are surprisingly higher in sugar. If you eat a lot of fruit, consider limiting how often you eat , oranges, bananas, grapes, mangoes, pineapples, dates, and figs. Fruits that are lower in sugar are avocados, lemons and limes, any kind of berry, grapefruit, kiwi, watermelon, cantaloupe, and peaches.

Lastly ,the effect of alcohol in your diet is something to consider and feel free to reduce intake if you think that your alcohol consumption needs addressed. Some things to note:

1. All alcohol is not equal in sugar content. Red and white wines usually contain more sugar overall.
2. Beers and liquor usually contain minimal or no added sugars, but consider limiting these as well since there often, there is still a carbohydrate content to these beverages.
3. Reduce alcohol intake by 1-2 drinks per day/week depending on how many you have at once, and how often throughout the week.

Congratulations!

You have reached the end of the detox and have made great changes to your overall health and well being. If at any point you feel yourself to begin to slip into old habits or eating **excessive** sugar (remember that *some* sugar is not bad) try to remind yourself of the things you have learned about your habits and how it directly affects the way that you feel. You have the tools to start the detox again if necessary, but hopefully not!

Stay tuned for next week's email suggestions on adding sugar back into your diet.

Sincerely,

Your friends in College Recreation and Wellness