



FREE YOURSELF FROM SUGAR ADDICTION

Low-Sugar Challenge.



Sugar Reset
in 2 Steps

Step by Step Towards Less Sugar – How to Succeed

Would you like to finally break free from your sweet cravings, experience fewer food cravings, and do something good for your body—without making radical sacrifices? Then a low-sugar Lent is the ideal way to start your healthier everyday life. Wean yourself off sugary foods and drinks step by step and stop falling for the tricks of the food industry. The path to a low-sugar lifestyle starts here!!

Phase 1 (Day 1–10)

Do not add any additional sugar

Do you always drink your coffee with sugar or add honey or other sweeteners to your cereal? Try avoiding any additional sweeteners as a first step. This alone can help you cut down on your sugar intake.

Phase 2 (Day 11–40)

Do not buy foods with added sugar

Fruit yogurt, applesauce, pickles, and red cabbage are the best examples of sugar traps in the supermarket. These sound healthy, but often contain a lot of added sugar. However, there are also alternatives that do not contain any added sugar. Always take a look at the list of ingredients and find products that contain little or no sugar. A list of sugar aliases can be found below.

Sweets, cakes, soft drinks, and the like should also be avoided over the next few days.

After the 40 days

What happens next

After these 40 low-sugar days, your taste buds will have become more sensitive again and your craving for sweets will have decreased. Of course, you don't want to give up sweet desserts and treats for the rest of your life – and you shouldn't. **The goal of this low-sugar challenge is simply to escape the vicious cycle of sugar and enjoy sugar consciously again, not because your body is addicted to it.** After 40 days, you will find that sweets seem much too sweet to you and that you can probably satisfy your cravings after just a few bites. Continue to maintain a low-sugar diet and only treat yourself to a sweet snack every now and then. If you no longer enjoy these, you can simply enjoy homemade sweets (oatmeal cookies, banana bread, nut bars) without added industrial sugar.

My Journey to a Low-Sugar Lifestyle

Check off

START

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14 Day 15

Day 16 Day 17 Day 18 Day 19 Day 20 Day 21 Day 22 Day 23

Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30 Day 31

Day 32 Day 33 Day 34 Day 35 Day 36 Day 37 Day 38 Day 39

Day 40 FINISH

I can feel these changes:

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Spotting Sugar in Food – Our Shopping Guide

Everyone knows that too much sugar in our food is not good for us in the long run. That's why food manufacturers use many tricks to make their products appear as healthy and low in sugar as possible – deceiving the end consumer. To help you avoid falling for these tricks, here are some valuable shopping tips and overviews to help you choose healthier products at the supermarket.

Eating a low-sugar diet – how to do it

What foods can I buy? We provide an overview of how you can integrate a low-sugar diet into your everyday life.

The goal of a low-sugar diet is to consume processed foods with less than 5 percent sugar and beverages with less than 2.5 percent sugar. Fruit naturally contains significantly more than 5 percent sugar, but it also contains many important micronutrients and, when eaten whole (not as a smoothie or juice), a lot of fiber. Therefore, fruit is perfectly fine in small amounts (two servings per day).

Our food guide provides a brief overview of which foods you can enjoy without hesitation and which ones you should take a closer look at the ingredient list for.



No added sugar, sugar-free, or low in sugar? What these terms really mean

- **No added sugar:** No sugar or sweetening agents, such as syrup, are added to a product. However, the product may naturally contain sugar.
- **Sugar-free:** A food product contains up to 0.5 percent sugar.
- **Low sugar:** A food product contains up to 5 percent sugar.
- **Less sweet:** This is merely a flavor description and does not necessarily mean that the product contains less sugar. Instead of table sugar, it may contain a less sweet type of sugar such as glucose or energy-rich complex sugars such as inulin or oligofructose.

Spotting Sugar in Food – Our Shopping Guide



Vegetables & Legumes

- ✓ All kinds of fresh vegetables
- ✓ Dried legumes
- ✗ Pickled vegetables/legumes in sugar water
- ✗ Frozen vegetables with sugar
- ✗ Ready meals with sugar (be careful with dressings)



Fruit

- ✓ Fresh, whole fruit
- ✓ Prefer low-sugar varieties: all types of berries, grapefruit, kiwi, apples
- ✓ As a guideline: 2 servings per day (e.g., 1 apple, 1 banana)
- ✗ Fruit smoothies & shakes, Canned fruit
- ✗ Dried fruit (dates, apricots, etc.)
- ✗ Fruit jam



Nuts, Seeds, Kernels

- ✓ Unprocessed
- ✓ Nut butter – no added sugar
- ✓ As a guideline: 1 handful per day
- ✗ Sweetened with honey/syrup (granola, roasted almonds)



Cereal Products & Baked Goods

- ✓ Pasta, bread
- ✓ Quinoa, bulgur, couscous, amaranth, buckwheat
- ✓ Oatmeal
- ✗ Yeast bread, cakes, cookies, pies
- ✗ Many types of muesli, breakfast cereals, and other cereals



Sweets & Snacks

- ✓ Homemade baked goods sweetened with banana/apple
- ✓ Homemade vegetable chips
- ✓ Roasted chickpeas
- ✓ Dark chocolate (99% cocoa)
- ✗ Chocolate & chocolate spreads
- ✗ Gummy bears
- ✗ Chips with sugar



Meat & Sausage Products

- ✓ Meat, sausage, and fish from the fresh counter
- ✓ Ham and less-processed cold cuts
- ✗ Heavily processed sausages, such as salami
- ✗ Sugary marinades



Milk & Dairy Products

- ✓ Milk
- ✓ Natural quark, yogurt, skyr
- ✓ Cheese
- ✗ Sweetened fruit yogurt & (protein) puddings
- ✗ Cream cheese with sugar



Beverages

- ✓ Water
- ✓ Unsweetened tea
- ✓ Water with lemon, mint, etc.
- ✗ Soft drinks
- ✗ Chocolate drinks
- ✗ Ready-made coffee drinks
- ✗ Cocktails & alcoholic beverages

Spotting Hidden Sugar: Code Names for Sugar and Sweeteners



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Agave syrup	Glucose syrup	Palm sugar
Maple syrup	Honey	Raffinose
Apple syrup	Inverted sugar syrup	Raw cane sugar
Apple fruit sweetener	Yogurt powder	Cane sugar
Dextrin	Caramel syrup	Beet sugar
Dextrose	Coconut blossom sugar	Beet syrup
Fruit purées	Lactose	Sucrose
Fruit sweetener/natural fruit sweetener	Skimmed milk/whole milk powder	Starch syrup
Fructose	Maltodextrin	Sweet whey powder
Fructose-glucose syrup	Maltose	Grape fruit sweetener
Barley malt	Malt extract	Whole cane sugar
Barley malt extract	Malt sugar	Wheat dextrin
Glucose	Oligofructose	