



This is Making You Tired, Fat, & Sick

NAME:

DATE:

This worksheet is a supplement training guide to “This is Making You Tired, Fat, & Sick” video published on April 20, 2016.

Sugar intake is insidious and ubiquitous; sneaky and everywhere and in everything! If you are looking to really hit your peak performance zone and to pursue your personal greatness, then you need to know that what you put in your mouth is as important as any other task you master. Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Difference Types of Sugar

Sugar Type	Definition
White	White or regular sugar, as it is known to consumers, is the sugar found in every home’s sugar bowl, and most commonly used in home food preparation. White sugar is the sugar called for in most cookbook recipe
Caster	Caster sugar has the same composition as granulated sugar, but the crystals are smaller so it dissolves quickly. It's best for baking, especially light sponges and meringues.
Icing	This sugar is granulated sugar ground to a smooth powder and then sifted.
Raw and coffee sugar	Made from cane juice and are golden in color.
Brown	Brown sugar is raw sugar which has been partially processed, where only the surface molasses has been washed off. It has a blond color and mild brown sugar flavor, and is often used in tea and other beverages.
Fructose Powder	Fructose powder contains the same kJ as sugar but, being slightly sweeter, can be used in smaller quantities to achieve the same degree of sweetness
Glucose Powder	Glucose powder is a white crystalline powder with a GI at the maximum of 100. At 100, this means that glucose is rapidly absorbed into the bloodstream and stimulates a fast insulin response.

Kilojoules, sugars content and GI rating for 7 sugars with glucose powder and fructose powder as comparison

Sugar	KJ	% Sugars	GI
Glucose Powder	1700	97	100
White Sugar	1700	100	65
Caster Sugar	1700	100	65
Icing Sugar	1700	100	65
Raw Sugar	1700	99	65
Demerara Sugar	1690	99	65
Coffee Crystals	1690	99	65
Brown dark Sugar	1630	96	65
Fructose Powder	1700	100	15

Are you aware of the negative impacts caused by sugar intake?

In recent years, sugar intake has been receiving blame for our deteriorating health more than fat consumption.

Majority of people consume sugar more than they should. From candies, to sugar-sweetened beverages, grain-based desserts, fruit drinks, chocolates, dairy desserts, ready-to-eat cereal and yeast breads cakes, it's hard not to eat foods with sugar. Sugar used to be a small factor for weight gain. However the bad news is, it is also now considered as an independent risk factor for CVD and other chronic diseases, according to a recent study published in JAMA Internal Medicine.

What can you do to reverse your sugar intake habit? Here are couple of action steps for you:

1. Start to measure- Really track how much grams of sugar is in your food. Read the food labels. Journal the result. Check out the next page to help you track your sugar intake. List the food type and its sugar content you ate in the morning, afternoon, and evening. Total the sugar intake results and monitor your improvement.

JOURNEY TO PERSONAL GREATNESS SUGAR INTAKE TRACKER

MONTH _____ YEAR _____

Day	Food type Morning	Sugar Content	Food Type Afternoon	Sugar Content	Food type Evening	Sugar Content	Total Sugar Content
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							

2. Become Aware- Monitor the effects of your food intake. If you are tired few hours after eating, monitor and assess yourself. Be aware and be proactive. Take notes and journal.

How sugar intake affects your life?

3. Control your Emotions- Switch to other more effective and healthy coping mechanisms such as meditation, yoga, therapy, or other similar exercises. Something relaxing like a simple breathing exercise will also make you feel better in the long run than turning to sugary snacks.

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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www.tchpp.com and www.journeypersonalgreatness.com