


# **DAILY SUGAR REDUCTION CHECKLIST**

## **1. Eliminate Liquid Sugar First (Biggest Impact)**

- No soft drinks
- No packaged fruit juices
- No energy drinks
- No sweetened cold coffee/milkshakes
- Reduce sugar in tea/coffee (cut ½ tsp every week)

 This step alone can reduce 50% of excess sugar.

## **2. Control Hidden Sugar**

Before buying packaged food:

- Read nutrition label
- Check “Added Sugar” section
- Avoid ingredients like:
  - Sugar
  - High fructose corn syrup
  - Maltose
  - Dextrose
  - Glucose syrup

Rule: If sugar is in first 3 ingredients → don't buy.

## **3. Smart Dessert Strategy**

- Not daily – limit to 1–2 times/week

- Small portion only
- Never on empty stomach
- Share dessert instead of full portion

## **4. Replace, Don't Just Remove**

Instead of sweets:

- Fruit (whole, not juice)
- Handful of nuts
- Dark chocolate (70%+ cocoa, small piece)
- Homemade snacks

## **5. Watch “Healthy” Traps**

Be careful with:

- Granola
- Flavored yogurt
- Breakfast cereals
- Protein bars
- “Low fat” foods (often high sugar)

## **6. Mindset Shift**

- Don't say “I can't eat sugar”

Say: “I choose better fuel.”

- Don't quit suddenly if addicted

Gradually reduce.

- Control craving by:
  - Drinking water
  - Sleeping well
  - Managing stress

# **GOLDEN RULE**

Follow guideline from [World Health Organization](#):

- ✓ Keep added sugar below 25 grams per day
- ✓ That's about 6 teaspoons