



SLASH YOUR SUGAR CHALLENGE!

Rc³ challenges **you** to eliminate all added sugar from your life. This means no refined sugar, natural sweeteners, or artificial sweeteners. **Naturally occurring sugars in fruits, vegetables, and other whole foods are acceptable and recommended.**

It's important to read all the information below in order to make this a successful challenge.

QUESTIONS & ANSWERS:

Q: The label on my bread says that it has 6 grams of sugar but the ingredients don't mention any kind of sugar. Which do I follow?

A: Look at the ingredients for added sugars. Most all foods have naturally occurring sugars, even vegetables and dairy. Naturally occurring sugars are acceptable and they're healthy.

Q: What if I slip?

A: Don't look back, the past can't be undone. Continue on with the challenge.

Q: Will I go through withdrawals?

A: More than likely you will experience some withdrawals. Sugar is very addictive and you will likely experience some side effects. It is possible to experience headaches, weakness, and irritability. It will pass and typically takes 2-4 days to get through this phase.

Q: Can I eat raisins or dates?

A: Again, read the label. If there is no added sugar in the ingredients label, enjoy in moderation. Raisins, along with 8 walnut halves, are a great mid-morning snack.

GUIDELINES:

Foods that have added sugar of any kind are not allowed. You might be surprised to learn that sugar has many names and is often disguised in the ingredient list. You may have noticed many foods now advertise as having No High Fructose Corn Syrup. What manufacturers don't promote is that in place of the corn syrup is likely another form of sugar. Reading the fine print on ingredient labels is absolutely necessary for this challenge.

Here is a **list of 50** different names used for sugar.

Barley malt	Cane juice crystals	Corn Sweetener
Beet sugar	Cane sugar	Corn Sweetener Solids
Brown sugar	Caramel	Corn syrup
Buttered syrup	Carob Sugar	Corn syrup solids
Carob syrup	Castor Sugar	Confectioners sugar

Crystalline Fructose	Glucose	Mannitol
Demerara sugar	Glucose solids	Muscovado sugar
Dextran	Golden sugar	Panocha
Dextrose	Golden syrup	Raw sugar
Diastatic malt	Grape sugar	Rice syrup
Diatase	High Fructose Corn Syrup	Sorbitol
Ethyl maltol	Icing sugar	Sorghum Sugar
Evaporated Cane Juice	Invert sugar	Sucrose
Fructose	Lactose	White Sugar
Fruit juice	Maltodextrin	Treacle
Fruit juice concentrate	Maltose	Turbinado sugar
Galactose	Malt syrup	Yellow sugar

- No added sweeteners of any kind are allowed, to include: honey, molasses, stevia, agave nectar, coconut palm sugar, xylitol, maple syrup, etc.. This is important in order to start to enjoy the real taste of foods.
- No added refined sugars (white sugar, corn syrup, brown sugar)
- No added artificial sweeteners (Truvia, Splenda, Nutrasweet, etc.) No diet sodas!

Basically, if it has **added** sugar or sweeteners, of any kind, do not eat it.

Note: Again, when we say no sugar, we mean no **added** sugar. There will be naturally occurring sugars in milk, plain yogurt, fresh vegetables and fruit, that's okay. The idea is to give up ADDED sugars that are in most all processed foods. So when you read a nutrition label, look at the actual list of ingredients, NOT the percentage of sugar per serving (unless you must do so for medical reasons).

MAKE IT EASIER BY DOING THE FOLLOWING:

- Drink 6 (12 ounce) glasses of plain water each day, or 2.2 liters.
- **Consider drinking one nutrient-dense smoothie each day.**
Select from fabulous, nutrient-dense smoothie recipes [here](https://skinnymms.com/category/recipes/meal-type/drinks-smoothies/):
<https://skinnymms.com/category/recipes/meal-type/drinks-smoothies/>.
- **Eat Fruit**
Fruit contains plenty of natural sugars and is also an important part of any healthy eating plan. The possibilities are only as limited as your local grocery store. Also, fruit is a great way of naturally getting the sugar you might be craving and will help make this challenge successful.

DURATION

The challenge goes for 30 days. Remember, those who stick with the challenge for an entire month will benefit the most.

AFTER THE CHALLENGE

The goal of this challenge is to break sugar addiction and lose excess weight and body fat. We recommend after the challenge is over, switch from refined sugars to unrefined ones that have some nutritional value. For example, [raw honey, sucanat, coconut palm sugar](#), molasses, sorghum and 100% pure maple syrup. All of these natural sweeteners have nutrients that cannot be found in refined sugar and artificial sweeteners.