

# The Better Nutrition Added Sugar Evaluation

If you are what you eat, are you super sweet?!

When it comes to added sugar, most of us can consume some, especially from better sources, but when we overdo it our body doesn't run better. Too much sugar contributes to so many issues including digestive, sleep, skin, energy, aging, anxiety and depression, performance, getting sick and how quickly you recover, and may increase risk of chronic disease. It's essential to know how much added sugar is too much for you, personally. Use this quiz to help find out what's better for you!



## Section 1: Where are you getting in added sugar?

Yes

No

Adding sugar in your coffee or tea?

Adding other "natural" sweeteners: agave, coconut, maple syrup, honey?

Drinking soda, fruit juice, sports drinks, sweet tea?

Eating candy?

Eating cakes, pastries, muffins?

Eating sweetened cereal?

Eating flavored yogurt, kefir, cottage cheese, milk(s), whether dairy or plant-based?

Eating jellies & jams?

Enjoying frozen treats (ice cream, sorbet, sherbet, popsicles, non-dairy treats)?

## Where else might it be hiding?

Bars: protein, energy, granola?

Non-dairy milks & packaged juices?

Shakes & smoothies: ready to drink or DIY with powders?

Nut & seed butters: peanut, coconut, almond, cashew, sunflower?

Ready to eat sauces & spreads: tomato, pesto, salsa, curry?

Canned soups?

Bread, rolls & crackers?

Salad dressings & condiments (ketchup, mustard, etc)?

Take out food: Chinese, Thai, salads?

Cereal, granola, oatmeal; ready-to-eat cereal bowls?

Dried fruit?

Supplements: gummies, liquids, powders?

## How much added sugar are you having each day?

(1 serving = 1 tsp = 4g = 16 calories)

Jot down the items above that you have more often. Check their label or look them up online. How much added sugar are you getting most days? When reading a label, look at "sugars" underneath "total carbohydrates" you may see some labels that say "added sugars" which is what you want to count. If you only see "sugars" use the "sugars" number and note NAS# (meaning No Added Sugar #) to help your practitioner.



Sugar Source

# of Teaspoons

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## Section 2:

### Tell us a little about yourself:

Yes

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Do you struggle with sweet cravings?

Do you use low & non-caloric sweeteners (stevia, monk fruit, allulose, erythritol, xylitol, Splenda/sucralose, Equal/Nutrasweet/aspartame, etc.) most days?

Do you hit the candy bowl or the coffee shop most afternoons?

Do you struggle to lose weight around the middle?

Do you hit the sugar "treats" you keep for your kids after they go to bed?

Do you have bad breath?

Do you get shaky or headachy if you skip or delay a meal?

Do you have skin issues (acne, eczema etc)?

Are you bloated or constipated?

Do you struggle to sleep at night?

Are you overweight or obese?

Are you pre-diabetic or do you have diabetes?

Do you have high triglycerides?

Do you have cancer, fatty liver, Alzheimer's, dementia?

Do you have an auto-immune disease (Rheumatoid arthritis, Hashimoto's, Crohn's, Celiac etc.)?

Do you suffer from depression or anxiety?

Do you have GERD or Acid Reflux?

Do you have a history of yeast / sinus infections?

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## NOTES:



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