



DAY 1 – GETTING RID OF SUGAR IN THE MORNING

Why is this important?

Sugar gives us a false sense of energy. Our bodies stop asking for the nutrient, protein, fiber rich foods it truly needs when we give it sugar in the mornings. When we start our day with sugar, our body isn't creating energy it's burning it and in the morning we need to create energy.

Common Places Sugar Hides In Our Morning Routines

- Breakfast Cereal – Even healthy cereals can have a high sugar content. Check your labels. If there is more than 4g of sugar in a single serving it's too much. Look for options that are low in sugar.
- Flavored Yogurt – Check your label. If the sugar is above 8g it is too much sugar for yogurt (Hint: 80% of yogurt on the market has a lot more than 8g of sugar). A better option is to buy plain yogurt with no sugar and then add fresh fruit.
- Breakfast bread – Many breakfast breads like English muffins, bagels, and even toast have added sugar. Look for breads that don't have any added sugar or are low in sugar and are made with a minimum number of ingredients and are fiber rich
- Coffee – While there isn't sugar in coffee, many people like to add it for flavor. If this is you, for the 5-day challenge try drinking your coffee black. However, if your heart rebels at the thought, try using unsweetened almond or coconut milk.

Challenge

Think about what you eat on a typical morning for breakfast. Review labels and determine if there is a better option. So much of our success when trying to eliminate sugar from our diets is in being prepared. The next time you go to the grocery store, take some extra time to read labels and find morning foods that will give you the nutrients you need to start the day out right. Then stock up so you are prepared, even on mornings when you are rushing out the door.

