

SUGAR-FREE SHOPPING

HOW IT WORKS

- Sugar is not generally forbidden. In the case of foods **that naturally contain sugar** (e.g. fruit or sugar-free dairy products), no sugar is included in the list of ingredients.
- Avoid added sugar.
- Look for „sugar cover names“: all terms with **-ose, -syrup, or -sweet** in the name (this includes, for example, „natural fruit sweetener“). Also look for additives with the endings **-powder, -concentrate and -dextrin**.
- Avoid products with **E-numbers** or unknown ingredients (e.g. **hydrolyzate, yeast extract**)
- Decide on the **wholemeal variant** (e.g. for bread, noodles, rice) to have the **real energy suppliers in your shopping basket**.

CHALLENGE

To avoid falling into the sugar trap, you should take a close look at the list of ingredients when shopping. For each (sugar-) conscious purchase you may place a check mark.

In 4 out of 5 weeks with (sugar-) conscious shopping the challenge is passed.

DATE _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK __							
WEEK __							
WEEK __							
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WEEK __							

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WEEK __							
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