



Dear team sugar-free,

Welcome to week one of the **Sugar-free revolution**! The [risks associated with consuming too much sugar](#) are well documented, so congratulations on taking this first step to better health and wellness. We're excited to take you on this journey with us and have a whole heap of fun stuff planned for the next four weeks! So...

### Are you ready for the revolution?

To get you started, we've created a handy *Sugar-free revolution* guide book, which will form part of your toolkit for the next four weeks. Inside, you'll find tips for sugar-free shopping, a handy meal-building guide, meal plans with links to recipes and more.



Using this resource, with us as your guide, by the end of the month, you may find that you experience:

-  reduced sugar cravings
-  fewer blood sugar spikes
-  more stable energy levels throughout the day
-  improved mood

But, first, we need to cover the basics. A lot of what we eat contains added sugars without us even realising, which may explain why [Aussies consume more than double](#) the recommended amount of

sugar daily. For example, “health” foods such as muesli and granola are often loaded with added sugar.

So how do you know how much sugar is in the foods you and your family are eating? A good place to start is by learning to read and understand food labels. Below is a snapshot of what to look for. The key is to aim for products that contain **15g or less of sugar per 100g**.

**Nutrition Facts**

Servings per package: **8**

Serving size: **36g**

Content	Average quantity per serving	Average quantity per 100ml
Energy	343kJ	<b>952kJ</b>
Protein	1.1g	3.1g
Fat, total	5.6g	15.5g
Saturated	0.9g	2.6g
Carbohydrate		
Total	5.4g	14.9g
Sugar	3.3g	<b>9.2g</b>
Sodium	684mg	1900mg

Callouts:

- This tells you the number of servings per pack (you may be surprised by this one)
- The recommended serving size. In this instance, there are 8 x 36g servings
- When comparing products, use the 100ml (for liquids) or 100g (solids) column for accuracy as serving sizes may differ
- Kilojoules, i.e. energy consumed, per serving
- Aim for products that contain **15g or less of sugar per 100g**

Check out [our article](#) to learn more about reading food labels as well as the impacts of sugar on your body. Once you get your head around how to read nutritional labels, shopping for groceries will become a whole lot easier.

Now, we're not saying that the next four weeks is going to be easy (it's called a challenge for a reason!), but the good news is that we're in it together. And as you begin to reduce your sugar intake, you'll find that your taste buds adapt and, over time, you'll need less and less of the sweet stuff. This week's mini challenge will help you keep track of this! Speaking of challenges...

### Your challenge this week

- ✓ Go through what you've got stocked in your cupboards, fridge and freezer
- ✓ Check the labels
- ✓ Throw out (or donate if unopened) anything that's full of added sugars.

The aim is to take a closer look at our current eating habits. Why not grab the family and do it together? Getting the kids involved will teach them some healthy habits early on. Then the next time you do a grocery shop, be sure to check the labels of any packaged foods you're

unsure about. This will be a good time to create one of the recipes in our meal plans!

**This week's mini challenge**

A young woman with dark skin and long braids is smiling broadly while holding a colorful, sprinkled donut to her mouth. The background is a soft-focus indoor setting. Overlaid on the left side of the image is the text 'Take the sweetness taste test: download it here!' in a mix of red and dark blue fonts. Pink circular patterns are visible in the bottom left and right corners of the image.

Keep your taste test handy as we'll be using it again at the end of the four weeks – you may be pleasantly surprised at the results.

That's all from us for now. Next week, we teach you how to make some smart and simple food swaps, so tune in for ideas to hack your snacks, rethink your drinks and more.

Wishing you sweet nothings,

Team CBHS

**Sources:**  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9966020/#:~:text=https://pursuit.unimelb.edu.au/articles/it-s-time-to-drop-the-sugar-coating>  
<https://www.cbhs.com.au/mind-and-body/blog/how-to-cut-down-sugar-and-read-food-labels>

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### Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9966020/#:~:text=https%3A%2F%2Fpursuit.unimelb.edu.au%2Farticles%2Fit-s-time-to-drop-the-sugar-coating>  
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