

SUGAR SWAP CHEAT SHEET

01

SWAP PANTRY BASICS TO REMOVE HIDDEN SUGARS

Read **INGREDIENTS** – first look for sugar as an ingredient. Many foods have naturally occurring sugars (fruit, milk, vegetables), and you don't need to worry about those.

Use nutrition info as a **RED FLAG**, because even foods that do not say “sugar” can have many types of concentrated sugar (juice, raisin puree, fructose, syrup, etc). So use the nutrition info to double check for sneaky hidden sugars. If it's more than 6g per serving, consider it “sweet.” That doesn't mean do or don't eat it, it means think about it.

FOR EXAMPLE:

Looking at tomato sauce? All have a few grams of natural sugars, but many have added sugar! If you look at 5-10 jars you'll find some with no added sugars... try the sauces that do NOT have sugar on the ingredient list, and once you find one you love, you have your new pasta sauce.

Alegra Loewenstein, Creator of Love Every Bite

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SUGAR SWAP CHEAT SHEET

CHECK ALL THESE FOODS TO REMOVE HIDDEN SUGARS

ALL SAUCES & SALAD DRESSINGS

Check all of these for portion size and sugar grams. They can be deceiving.

ALL TAKE OUT/ FAST FOOD

Frozen meals at home allows you to manage ingredients.

YOGURT

Buy plain and add your own fruit.

SODA & SPORTS/ ENERGY DRINKS

Some people don't think of it as sugar, but it is; create fruit water at home (whole pieces of fruit in water), or buy unsweetened, flavored still or sparkling water (just avoid artificial sweeteners as well).

DRIED FRUIT

All are high in natural sugar, some have added sugars.

CEREAL & GRANOLA BARS

Check all of these for portion size and sugar grams!

BREAD

Most mainstream breads have added sugars.

Slowly go through all your purchases looking at ingredients and nutrition info, finding new choices with no added sugars.



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02

SWAP YOUR LEAST FAVORITE TREATS TO REDUCE THE "OBVIOUS" SUGARS IN YOUR KITCHEN

The "obvious" sugars are the desserts you love to eat. These are more emotional. People LIKE sugar. Obviously, it's delicious, makes us feel good, associated with pleasurable memories, at all social events, celebratory, etc. You have to pay attention and learn your triggers around these, then prioritize them.

Make sure you keep the sweets you crave in your life, especially in the beginning as you transition your diet. If you remove everything, you will only want it more. You will battle yourself and the child screaming for the cake will always win at some point, sending you onto vicious cycle of fighting with yourself.

Don't worry about sugars in whole foods. Fruit is fine. If you focus on eliminating hidden sugars and reducing obvious sugars in way where you truly ENJOY the ones you dived to keep, the amount of sugars you eat will be just right for YOU.



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SWAP JUNKY TREATS FOR HEALTHIER TREATS (MOST OF THE TIME)

Remove the junky treats that you don't feel attached to. If you still feel like you want them all, list them in order of favorites, and get rid of the bottom half of the list from your kitchen.

Here are some treats with less processed sugar than many others. These are the swaps! Choose these at home and when they are available in social situations.

CHOCOLATE DIPPED
FRESH OR FROZEN FRUIT

Make sure frozen fruit is
unsweetened.

DARK CHOCOLATE (70% COCOA AND ABOVE)
OR DARK CHOCOLATE COVERED NUTS

BOX CEREAL OR
GRANOLA BAR

They make better sweet treats than
they do meal time basics.

DRIED FRUIT
OR BAKED FRUIT

Nothing else added,
these are wholesome sweets.

HOME MADE BAKED
GOODS

You can reduce the sugar by a
quarter or a third without affecting
the recipe.

SKIP THE SWEETENED
DRINKS ALTOGETHER

Reduce slowly or go cold turkey, but
get them out, they affect our bodies
the worst.



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ENJOY THE INDULGENCES!

And of course choose the decadent treats once in a while, too, and share them with a friend!

Also, when you DO eat sweets, here are some tricks to minimize the biological impact they make:

- Eat **SMALL** portions of sweets (like 2-3 chocolate squares, or half of what you might normally serve yourself of cake, etc) and **SMALL** portions of anything with white flour, use a **SMALL** plate to make this easier.
- Choose sweets that have sugar **AND** fat (think traditional, european style crème brulee or tiramisu or rich chocolate cake... not processed candies), these types of desserts are more satisfying and slow down the sugar rush to some extent.
- Eat **ALL** sweets with an equally sized serving of fruit or nuts.



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03

SWAP THE SWEET FEELING

I'm ALWAYS talking about the emotional connection when it comes to sugar. Because what my journey taught me, and what I see now with the many people I meet and work with, is that there is ALWAYS a deeper pattern when you feel addicted to sugar.

Because all the tips and tricks in the world will only get you so far if you keep going back to the same old habits.

When you feel addicted to sugar... you can't say no... you think about it when you don't have it... you go out of your way to get it... you eat it all the time... often you deny the negative effects of it... you feel bad without it...and you feel worse when you eat it...



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GET SWEETNESS FROM THINGS BESIDES FOOD

My journey started with a list of sugar alternatives. I don't mean aspartame!!!!

What can you do INSTEAD of eat sugar? This is another essential part of swapping out your sugar. Find other ways to give yourself sweetness. Circle the ones below you would like to add to your life, and add your own ideas, too!

BUY FLOWERS	TAKE A NAP	DRINK TEA
HUG A LOVED ONE	READ A BOOK	STRETCH
RUN	LIFT WEIGHTS	SIT IN THE SAUNA
GET A MASSAGE	LAUGH OUT LOUD...LITERALLY!	SMILE AT YOURSELF IN THE MIRROR
BUY A NEW ACCESSORY	WRITE IN YOUR JOURNAL	ORGANIZE A DRAWER/ CLOSET/ ETC
LAY DOWN IN A HAMMOCK (WITHOUT A PHONE)	COOK DINNER FOR A FRIEND	MAKE YOURSELF A SMOOTHIE
EAT A PIECE OF FRUIT	CALL A FRIEND	PAINT A ROOM IN YOUR HOUSE
GET RID OF OLD CLOTHES	WALK IN NATURE	MAKE ARTS OR CRAFTS



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SWAP YOUR CRAVINGS FOR UNDERSTANDING

If you make all the kitchen changes but still have crazy cravings, you are going to give in to them as soon as the bowl of candy is in front of you.

So, of course, you **MUST** also address the emotional relationship with sugar!

You must recognize your triggers, and understand the reasons that make it hard to change, in order to move through that to a place where you can simply say no if it's not your favorite, and enjoy it guilt free when it is!

Remember that after all the sugar swaps, the **REAL** journey was figuring out **WHY** you are turning to sugar, and **WHY** it is so hard to choose other more nourishing things.

You answer will not be the same as mine, and it will not be the same as the other people.

This is my area of expertise and I am committed to helping women have the perfect-for-you relationship with sugar.



I'd love to help you create this in your life! Book your complimentary clarity call today.

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SWAP YOUR BINGES FOR ACCEPTANCE

If you find yourself unable to quit sugar no matter how many times you've tried...
If you judge a lot of foods as good or bad...
If you feel guilty when you indulge...
Then claim your complimentary clarity call today!

I am a recovered sugar addict... and I still eat sugar most days! I just eat small portions and enjoy it and don't crave it throughout the day like I used to, and can say no to things I don't actually love eating.

You can do it! Start today by learning what your biggest obstacle is.



If you love the ideas presented in this sugar swap cheat sheet, and you know you need more help figuring out the WHY, then sign up for your complimentary clarity call!



These calls are designed to help you get super clear on exactly what your biggest obstacle is when it comes to making these changes, and to know exactly what direction you need to focus on to make the change.

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