



February 10, 2016

ST. COLUMBA'S HEALTH CABINET PRESENTS

The Reduce Sugar Email Program

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Opening Prayer

Oh Lord, You are good to those who seek you.

You, who are source of health and healing, the spirit of calm and the central peace of this universe, grant to me a consciousness of your indwelling and surrounding presence that I may permit you to give me health and strength and peace, through Jesus Christ our Lord.

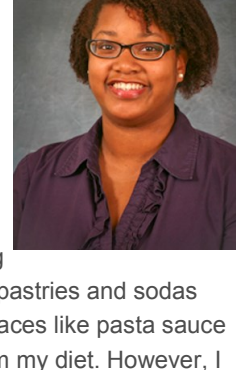
Amen

- Adapted from <http://www.prayers-for-special-help.com/>

Introduction

Hello,

My name is Chanelle Gordon. I am currently a psychology intern at UC San Francisco as well as a graduate student at UC Berkeley. I will be facilitating this Reduce Sugar Email Program. Each Wednesday for six weeks, I will send out an email like this one that will feature low sugar recipes and tips on healthy eating.



I decided to start this program because I struggle with reducing sugar in my own life. Sugar is everywhere! Not only is it in the pastries and sodas that I encounter on a daily basis, but it is also in unexpected places like pasta sauce and ketchup. The idea is not to eliminate sugar completely from my diet. However, I desire to limit it as much as I can—and I know that this will be easier to do with a community of people with similar goals. This is why I am inviting you on this journey with me!

Wishing you good health,

Chanelle

Sugar is an important nutrient that can be found in a lot of natural and healthy foods. However, added sugar—that is sugar that is added to processed foods—can be harmful to our health.

Why

Added sugar has been linked to a number of health problems including obesity, heart disease, high blood pressure, and high triglycerides (a form of fat in your bloodstream).

Reduce

The idea is not to eliminate all forms of sugar from your diet, but to reduce your exposure—in the same way that you reduce your exposure to germs by frequent hand washing.

Sugar?

It is up to YOU to decide how much you want to limit your exposure to sugar. You can go as extreme as limiting carbohydrates, which turn to sugar in your body (Note: Do this only under the guidance of a physician and licensed nutritionist!) However, I would recommend that you start small. For example, reducing your soda intake from three times a week to only one time weekly. Small steps can lead to big changes.

For more information on added sugar and ways to limit it: https://www.unlv.edu/sites/default/files/page_files/27/NutritionCenter-Sugar.pdf

Setting your goal

As you likely know, “reducing sugar for 6 weeks” is not a specific enough goal for this program. You are going to need to set up a personal goal that will work for you.

S.M.A.R.T. GOALS



WWW.DECISIONSKILLS.COM

There are multiple ways to set a goal. One popular model in the business world—that can be adapted for our purpose—is the SMART goals model. The SMART

Goals are :

S—Specific. You need to be as specific as possible. Identify exactly what you want to achieve.

M—Measureable. How will you measure your progress on your goal?

A—Attainable or Actionable. Is your goal attainable? What are possible obstacles that might get in your way and how will you conquer them?

R—Realistic. Is your goal realistic given the timeframe you want to accomplish it in? If you have doubts, just scale your goal back a little. You want to pick something that is challenging but not so challenging that it would cause you to give up easily.

T—Timely. When do you want to achieve your goal? Consider whether you want to start your whole goal right away or if you need to break it down into steps (For example, will you give up soda “cold-turkey” or will you wean yourself off of it by gradually reducing the number of sodas you consume per week?)

View the following video on S.M.A.R.T. goals for more information: <https://youtu.be/1-SvuFIQjK8>



My personal goal as an example:

S—By the end of these six weeks, I want to limit soda/juice (which is also high in sugar) to only once a week.

M—I will measure my progress by writing down when I have had soda or juice on my calendar. 1 week should equal 1 soda.

A—I believe that my goal is attainable because there are non-sugary drinks that I like (such as ice water and unsweetened teas).

R—I have had long periods where I have gone without soda (which prompted me to do this), so I believe that this goal is realistic.

T—I want to achieve this by the end of this six week program and I believe that I can start right away on this goal (i.e. go “cold turkey”).

What’s your goal?

Hold yourself accountable by writing your goal for this program and declaring it proudly by clicking [here](#).

Note: All responses are anonymous.

Low Sugar Recipes

Self Disclosure: I am not a big proponent of artificial sugars or margarine, so I no longer cook with these things. Rather I use “real” sugar and butter very sparingly. However, I encourage you to take charge of your own health journey, you may substitute artificial sweeteners and margarine in the following recipes as you see fit.



Crunchy Mediterranean Tuna Salad Wrap

There can be a lot of hidden sugars in “already prepared” food. Manufacturers tend to add sugar to their products to make them taste better. So instead of picking up a ready-made sandwich at the grocery, make your own so that you know what is actually in it. Try the following low-carb tuna wraps:

- 1 (12-oz) tuna pouch, in water
- ¼ cup light mayonnaise
- 3 Tbsp plain non-fat yogurt
- ¼ cup onion, finely diced
- 1 stalk celery, finely diced
- ½ red bell pepper, finely diced
- 3 Tbsp. Kalamata olives, chopped
- ¼ tsp ground black pepper

[Click here for instructions](#)



Baked Apple

Every once in a while we all want something sweet...and that’s OK! However, ideally you should strive to satisfy your sweet tooth with natural sugar—not processed sugar. Eating non-processed fruits is one way to achieve this. The following is a dessert recipe that uses non-processed fruit to achieve a delicious treat:

3 Granny Smith Apples (washed and cut into small pieces)

1 TB Ground Cinnamon

1/4 Tsp Ground Nutmeg

1/4 cup walnuts

1 TB butter

Plain unsweetened yogurt (optional)

1. Preheat the oven to 350 F
2. Melt butter (15 sec in microwave).
3. Place apples in bowl. Pour in butter with spice and nuts and gently toss. Place in pie dish.
4. Baked until cook through, about 30 minutes.
5. Serve with yogurt, if desired.

Adapted from *Sugar Detox for Beginners*

Thanks for participating in the first week of this program. Please email me with any questions or comments at chanellegordon@gmail.com