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ST. COLUMBA'S HEALTH CABINET PRESENTS

The Reduce Sugar Email Program

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Opening Prayer

Dear Lord,

Thank you for accompanying me on this journey. Thank you for all you have done for me, all that you are currently doing for me, and all that you will continue to do for me.

Amen

Closing Thoughts

Welcome to the 6th and final issue of the Reduce Sugar Program!

Congratulations on finishing your 6-week goal. Now it is time to think about how to proceed with your journey:

- First of all, **you should take time to congratulate yourself!** Sticking to a goal can be hard. Celebrate the successes that you have achieved...no matter how small.
- **Learn from the experience.** Remember that it is OK if you made mistakes when trying to achieve your goal. This is a natural part of learning. Reflect on these mistakes. Think about ways you would approach them in the future.
- **Thank those who have helped you...**whether it was a family member, friend, or co-worker who supported you on your journey.
- **Plan a bigger goal.** Now that you know what you can accomplish...you can try something a bit more ambitious. Little steps can lead to bigger steps...which can lead to even bigger steps!



Celebrate Your Success!

Declare your success in the following brief survey:

What were some of the things that you accomplished in this six-week program?

Were there any obstacles that you had to overcome? How did you overcome those obstacles?

Please enter your responses by following the link below. You will also be given the chance to give feedback about the program. The survey will be open until April 15, 2016:

http://ucbpsych.qualtrics.com/SE/?SID=SV_cZomG1bg3PXQ97v

Alternatives to Eating Sugar:

Chances are you may be experiencing cravings for sugar as you cut it from your diet. Sugar is very addictive! The following are ways to combat these cravings:

- **Schedule frequent healthy low-sugar snacks.** Personally, my sugar cravings are the highest when I am very hungry. So, I try my best to avoid that level of hunger. Some of my favorite suggestions for low sugar snacks include:

- Celery and peanut butter*
- A small piece of very dark chocolate
- Cucumber with a little bit of olive oil and pepper
- Greek yogurt with any low-sugar fruit such as blueberries
- A small portion of nuts
- Hard boiled egg

(*Buy peanut butter with no sugar added. Trader Joe's has a yummy brand of no sugar added peanut butter)

- **Try drinking plain water or water with sliced fruit added (such as lemon).** Sometimes, we misidentify thirst as a craving for something sweet.
- **Pay attention to what triggers your craving.** Our bodies tend to crave sweet things when stressed. You may be able to eliminate your craving by targeting the cause.
- **Get physical.** Go for a walk. Go to the gym. Physical exercise will not only serve as a distraction...but it will give your body a health boost as well.
- **Try eating a mint.** For most people, the taste of mint does not mix well with the taste of sweetness. Some people eat a mint (or brush their teeth) after dinner to stop a craving for dessert, since the minty taste would alter how the dessert would taste. By the time, the minty taste leaves...their craving is gone.

For more tips, follow the link [here](#) from the *Dummies How to Series*.

Low Sugar Recipes

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.

Also, due to copyright laws, I cannot recopy full recipe instructions that are not my own adaptations below. Hence, why I list the websites and not full instructions for some recipes. Please let me know if you are unable to access.

Low-Carb Chelsea Chicken Soup

This soup is actually surprisingly easy to make. Instead of the usual white noodles found in soups...try adding the zucchini noodles that you learned to make in the second issue.

Ingredients

- 3 chicken leg quarters
- 3 stalks of celery, cleaned and chopped
- 1/4 cup of spinach, kale, or chard, chopped and torn into bite size pieces
- 1 large onion, quartered
- 3 garlic cloves, minced
- 1/4 cup soy sauce
- Black pepper to taste
- 1 tsp dried parsley
- Zucchini Noodles (recipe can be found [here](#))

Instructions

1. Fill a large stockpot with water and add all ingredients (except for the zucchini noodles).
2. Heat to boiling.
3. Reduce heat. Cover and simmer for 1 1/2 to 2 hours.
4. Carefully remove chicken and check for doneness. If done, cut into bite size pieces and add back to pot.
5. Add zucchini noodles and serve.

Adapted from *Sugar Detox for Beginners*

Homemade Chips

The following are healthy alternative snacks to potato chips...and only a few ingredients are required.

Apple Chips

- 1-2 apples (I used Honeycrisp)
- 1 tsp cinnamon

The instructions can be found [here](#)

Kale Chips

- 1 bunch of kale, washed and dried
- 2 tbsp olive oil
- salt to taste

The instructions can be found [here](#)

Thanks for participating in the sixth and final week of this program. If you have any questions or comments, please email me at chanellegordon@gmail.com. Please remember to fill out the final survey. The link can be found above and [here](#).