



Preparing to Go Sugar Free Checklist

From TheSugarFreeDiva.com

Ask yourself the questions in the steps below.

Step 1- Identify your sugar free goals and motivations.

- Why are you going sugar free?
- Will this be a permanent lifestyle change?
- Are you 100% behind doing this?
- Do you have a support system of other people around you?
- Is your support system 100% behind you going sugar free?
- What is the intended result from going without sugar?
- How will you measure the success of your intended result?

Step 2- Decide if you will be going totally sugar free or more towards 'sugar controlled'

- Will you go 'sugar free' as in no sugar at all?
- Will you go 'sugar controlled' as in no refined or added sugar?
- Will you go 'sugar controlled' as in only natural sugar?
- Will you go 'sugar controlled' as in just eat less of the stuff?

Step 3- Clean out the sugar from everywhere that you know it to be.

- Your home: refrigerator, cabinets, pantry and other places in your kitchen.
- Your car, office, and anywhere that you are that is not part of your home
- Get rid of any food that contains sugar as well as sugar itself.

Step 4- Prepare a list of the food that will replace the sugar that you are getting rid of.

- Beverages
- Sugar Alternatives for baking, adding to beverages such as coffee, and sweetening food.
- Pantry food replacements that do not have sugar added, such as ketchup, jam, peanut butter etc.
- Replacement food for the food that you are getting rid of. Such as fruit and vegetables.
- Diversion food- such as sugar free gum, mints, etc.

Read more on thesugarfreediva.com

This information is copywritten and is excerpted from the book "How I Gave Up Sugar and took control of my diet in 7 days". Like with another kind of change in your diet, please consult a physician first. This information is for reference only and not intended to be as a substitute for consultation, evaluation or treatment by a medical professional and/or registered dietitian or nutritionist. Results may vary.

