



Fueling Your Lean Forward: Mastering Low-Sugar Choices

Sugar? Honey Honey, Nah! Let's Lean Forward with Low-Sugar!

Welcome

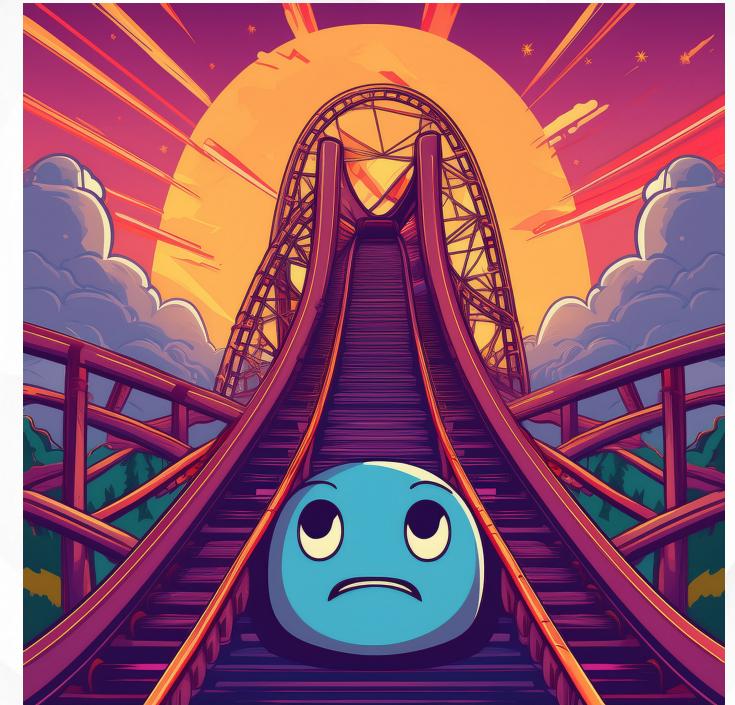
We're tackling the sweet beast: Sugar

But don't worry, we're not going to banish all sweetness from your lives



Why Low Sugar? - The Energy Rollercoaster Ain't Fun!

Low sugar isn't about deprivation; it's about ditching the energy rollercoaster and finding that steady, 'I can conquer the world' vibe.



Defining Low Sugar - Not All Sweetness is Created Equal!

Natural Sugars

Like the kind in fruits. A naturally sweet apple contains fructose, a natural sugar.

Added sugars

ControEssentially, added sugars are those sugars that are incorporated into foods and beverages during processing or preparation. This is separate from the sugars that naturally occur in foods like fruits and milk.

A can of soda has added sugars, like high-fructose corn syrup or sucrose.

Where Do We Find Them?

**Added sugars are prevalent in many processed foods and drinks.
Here are some common sources:**

Sugar-Sweetened Beverages:

Sodas, fruit juices (even those that claim to be "100%," they often have added sugars), energy drinks, and sweetened teas.

Processed Foods:

- Candy, cookies, cakes, pastries, and other desserts.
- Breakfast cereals, especially those marketed to children.
- Yogurt (flavored yogurts often contain significant amounts of added sugar).
- Canned fruits (often packed in sugary syrups).
- Sauces and condiments (ketchup, barbecue sauce, salad dressings).
- processed snack foods.

Hidden Sources

Even seemingly "healthy" foods can contain added sugars. Always check the nutrition label.

Look for ingredients like:

- Sucrose
- Glucose
- Fructose
- High-fructose corn syrup
- Corn syrup
- Dextrose
- Maltose
- Honey
- Molasses
- Agave nectar
- Fruit juice concentrates.



Why Are They a Concern?

Excessive consumption of added sugars has been linked to various health problems, including:

- Weight gain and obesity
- Type 2 diabetes
- Heart disease
- Tooth decay
- Fatty liver disease.

Key Takeaway:

Reading food labels is essential. Pay attention to the "added sugars" section of the Nutrition Facts label.

Prioritize whole, unprocessed foods like fruits, vegetables, and lean proteins, which naturally contain less added sugar.

By understanding where added sugars lurk, you can make more informed choices and take control of your sugar intake.



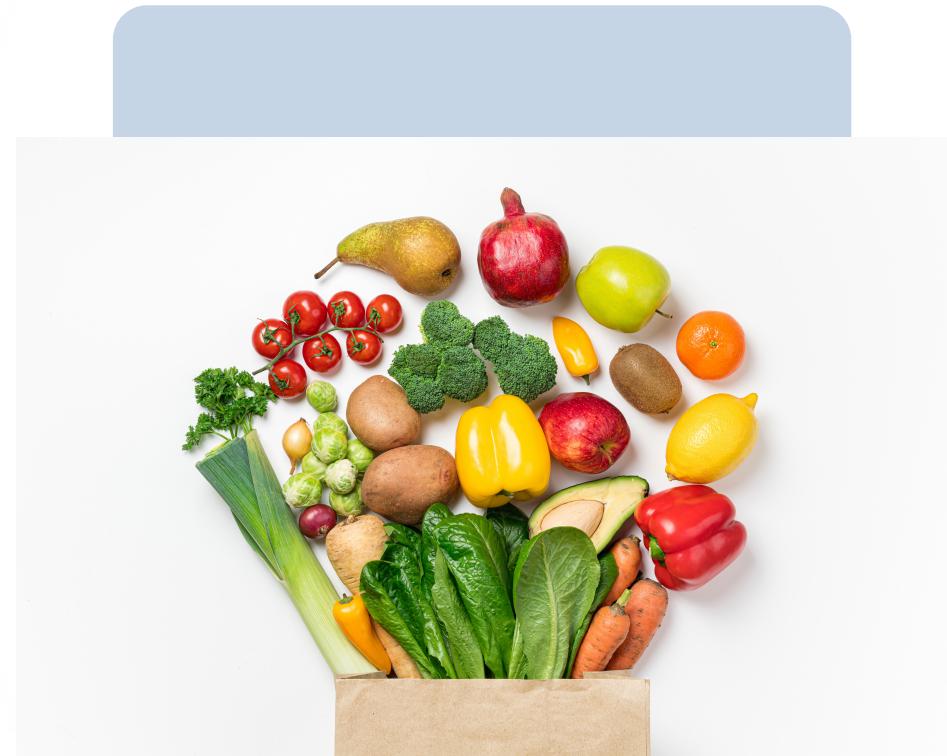
Vegetable Powerhouses - Eat Your Greens, You Magnificent Creatures!

Think of them as the Avengers of the food world

We've got leafy greens – spinach, kale, lettuce – they're like the wise mentors

Then, we've got the cruciferous crew – broccoli, cauliflower – the tough guys

Peppers, cucumbers, zucchini – **they're the versatile sidekicks.** And guess what? They're packed with fiber, which is like a bouncer for sugar, slowing down its entry into your bloodstream.



Fruit Wisdom - Berry Good Choices!

Fruits! Nature's candy! But let's be smart about it

Berries – strawberries, blueberries, raspberries – are like the cool cousins of the fruit world

Avocado? That's the smooth operator.

Lemons and limes? The zesty comedians.

And green apples? The reliable friends.



The Lean Forward Plate Model - Your Plate: A Canvas of Health!

Alright, let's build a masterpiece!

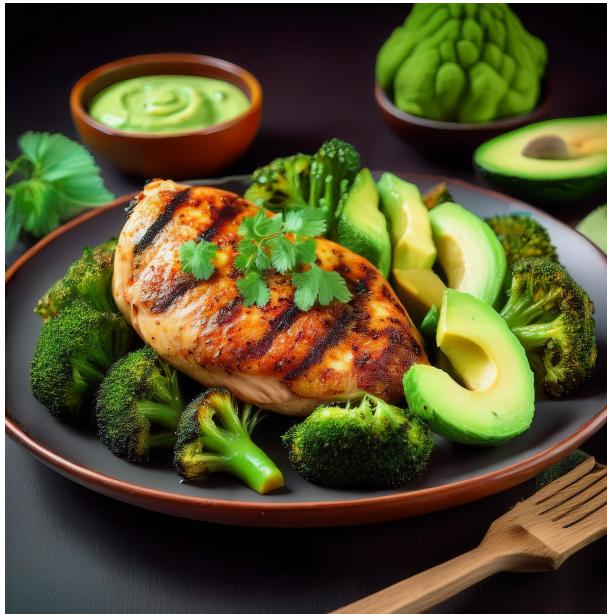
Imagine your plate is a canvas. Half of it should be filled with those veggie superheroes. A quarter with lean protein – chicken, fish, tofu – the strong support system. And the last quarter? Healthy fats – avocado, nuts, olive oil – the smooth operators. A little fruit for dessert? Sure, why not! Just don't let it steal the show.



Practical Plate Examples - Real Food, Real Results!

Look at these plates!

Grilled chicken with broccoli and avocado



Tofu stir-fry with a veggie explosion



Salmon with a colorful salad

Smart Snack Choices - Snack Attack, But Make it Healthy!

Snacks! The mini-meals that keep us from becoming hangry monsters

Almonds and walnuts



Hard-boiled eggs and Edamame



Celery with almond butter



Pre-Workout Fuel - Pump Up the Prep!

Time it right, about 30-60 minutes before, and you'll be unstoppable.
Or at least, less stoppable



Greek yogurt with berries



Nuts and a green apple



A small protein shake

Post-Workout Recovery - Refuel and Rebuild!

After you've crushed it, it's time to refuel! Lean protein and veggies are your best friends



Protein smoothies with
spinach and berries



Broccoli and Chicken

The Potato Chip vs. Healthy Alternatives

Let's Talk Calories



150 calories of potato chip



150 calories of a giant salad
with grilled chicken and a
light dressing

Other Calorie Comparisons - "Swap It Out!" The Potato Chip vs. Healthy Alternatives

Let's Talk Calories



Sugary soda vs. water with lemon

1 Cup (8 oz) Regular Soda:

Calories: ~100-150 (depending on the brand)

Sugar: ~25-40 grams (all added sugar)

Note: Provides no nutritional value, just empty calories and a sugar spike.

1 Cup (8 oz) Water with Lemon:

Calories: ~<10 (negligible)

Sugar: ~<1 gram (naturally occurring from lemon, very minimal)

Note: Hydrating, refreshing, and virtually calorie-free.



Candy Bar vs. Apple:

Standard Candy Bar (e.g., chocolate bar with caramel and nuts):

Calories: ~250-300

Sugar: ~25-30 grams (mostly added sugar)

Note: High in unhealthy fats and added sugars, low in nutrients.

Medium Apple:

Calories: ~95

Sugar: ~19 grams (naturally occurring fructose)

Note: High in fiber, vitamins, and antioxidants, providing sustained energy.

Slice of Pizza vs. Piece of Chicken:



Slice of Pizza vs. Piece of Chicken

1 Slice of Standard Cheese Pizza:

Calories: ~250-300

Sugar: ~5-10 grams (from sauce and crust)

Note: High in refined carbohydrates, saturated fat, and sodium, and moderate protein.

4 oz. Grilled Chicken Breast (skinless):

Calories: ~165

Sugar: ~0 grams

Note: High in lean protein, low in fat and carbohydrates.

Sugar: ~19 grams (naturally occurring fructose)

Note: High in fiber, vitamins, and antioxidants, providing sustained energy.



Q&A - Ask Away, Smarties!

"Alright, folks, fire away! Questions, comments, funny anecdotes?
Let's hear them!

Actionable Steps - "Let's Lean Forward Together!"

Okay, Lean Forward crew, let's make some changes! More veggies!
Swap those sugary snacks! Plan your meals around your workouts!
Read those labels! Start small, and let's do this together. You've got this!



Thank you for showing up