

the healthy  Mummy
28 DAY
WEIGHT LOSS CHALLENGE

GUIDE TO

SUGAR DETOX

OUR GUIDE TO EVERYTHING YOU NEED TO KNOW ABOUT EATING AND REDUCING SUGAR IN YOUR DIET, FOR A HEALTHY, BALANCED LIFESTYLE.

the skinny on the sweet stuff

We all know sugar can be one of the enemies for effective weight loss. Here's the scoop on the white stuff: where it hides and how to cut it out.

WHY REDUCE MY SUGAR INTAKE?

If you are interested in having more energy, sleeping better, improving your general health and losing weight (especially from the stomach area), reducing your sugar intake can have a dramatic impact.

Don't worry, we're not suggesting you start obsessively counting grams of sugar. We simply suggest becoming more educated on where sugar might be lurking and then finding healthy and tasty alternatives. It's added sugar, most notably found in processed foods, or added in cooking that we want to help you reduce.

The key is to reduce your consumption of processed foods and up your wholefood intake. You can get your sugar fix from naturally sweet foods, such as fruit, honey, vegetables and dairy products.

Life is full of birthday parties, catch ups with friends for coffee and cake, events where you have to bring a plate, and a thousand other temptations everywhere you turn. Don't be daunted! The 28 Day Challenge Sugar Detox is not about cutting out all sugar – it's more about reducing

it where you can but still enjoying it when you choose to, mindfully and in the best way to support your weight loss goals.

HOW MUCH SUGAR ARE YOU HAVING EACH DAY?

It's not just the sugar you might add to your tea that you need to count here. Sugar appears in your jam, muffins, dates, orange juice, sweets, chocolate, muesli bars, plus in savoury sources you might not expect: pizza, pasta sauce, tomato sauce, dips. It all adds up very quickly.

WHAT ABOUT ARTIFICIAL SWEETENERS?

At the moment, not a lot is known about the long-term effects of sweeteners such as Splenda or Equal, although there are some worrying studies about the effect of aspartame and sucralose, the main artificial sweeteners. Try your best to give them the flick, as they are a highly processed food. See if you can retrain your taste buds to enjoy food and drinks without the added sweetness.

HOW DO YOU READ LABELS TO WORK OUT THE SUGAR CONTENT?

Check out the 'per 100g' column on the nutritional information panel, as this will give you the sugar as a percentage of the total product, no matter how much of it you are consuming. As a starting point, 4g of sugar is roughly equivalent to one teaspoon of sugar.

So barbecue sauce generally contains 45.4g of sugar per 100g, which means that 45 per cent of the sauce is sugar. To put it another way, in every tablespoon of barbecue sauce, there are 2 teaspoons of sugar.

IS SUGAR EVEN ADDED TO HEALTHY FOODS?

Sugar is in a significant number of foods that you can buy from the supermarket.

Despite having a healthy name, or sporting virtuous health claims, such as 'contains wholegrains', 'fat free', or 'extra vitamins and minerals', the product may still be packed with the white stuff. It may also be full of additives, preservatives, fat and salt.

HOW MUCH SHOULD I HAVE?

The current recommendation from the World Health Organization is to reduce "free sugar" intake to less than 10 per cent of a person's total energy intake, adding that a further reduction to below 5 per cent would provide further health benefits. "Free sugars" are defined as simple sugars like glucose, fructose and sucrose, which are added to lots of processed foods, and are naturally present in honey, syrups, fruit juices and fruit juice concentrates.

- Stick to 6 teaspoons or less of added sugar per day.
- Remember that there are natural sugars in many foods but it's the "free sugars" – that is, simple sugars (added sugars) – you should be looking out for.
- When a food is in its whole and natural form, like a piece of fruit or full-fat milk, then the other elements in the food balance out the sugar and our bodies can cope with it. So, if a recipe has 20g of sugar in it, but is made with fresh fruit, vegetables, proteins and dairy then the sugars are ones our body can cope with.
- Don't worry yourself silly counting every teaspoon of sugar you eat, but be conscious of the added "free sugars" in your diet.

sugar and fruit

What about fruit? Which foods are lowest in sugar? Here we clear up some of the confusion surrounding sugar in everyday food.

WHAT'S THE DEAL WITH FRUIT?

Fructose sugar is the simple monosaccharide that is predominantly found in fruit. It has the same kilojoule content per gram of sugar as any other sugar, 16kJ per gram.

Fruit is an integral component of a balanced diet, assuming there are no intolerances. Consuming the recommended serves of fruit per day (around two medium pieces) has been demonstrated extensively to support and prevent the occurrence of non-communicable diseases such as type 2 diabetes, heart disease, strokes and obesity.

The benefits of fruit include its high water content, high fibre, high levels of vitamins and minerals, and high antioxidant and phytochemical content – plus it's low in fat.

Eating fruit is better than drinking it as a juice, as this delivers you the fibre of the whole fruit. The fibre content assists in slowing the release of sugar or fructose into our bodies, which helps prolong energy levels, reduce sugar highs and lows, and sustain fullness. Fibre also plays its own important role in gastrointestinal and heart health.

HOW TO READ LABELS OF FOODS WITH SUGAR AND FRUIT

It can be difficult to interpret the nutritional information panel and ingredients declaration on packaged foods to understand what the sugar content is, where it comes from, how much is from fruit and how much is 'added'. It is the added sugar that is of concern in packaged foods, not the sugar from fruit.

Most foods containing fruit which have less than 15g of sugar per 100g

are generally okay. Just ensure that fruit comes before the added sugar in the ingredient list, hopefully contributing a greater proportion of the overall sugar content.

HOW TO DETERMINE THE SUGAR CONTENT OF A FOOD WITH FRUIT.

- 1 How many grams of sugar per 100g are there? Look at the 100g column of the nutritional information panel (NIP).
- 2 If there is more than 5g of sugar per 100g, check the ingredients of the food.
- 3 Is there fruit (or dairy) in there? What is the percentage of fruit? For example, if the NIP says 10g of sugar per 100g and there is 6% apple, 6g of that sugar is coming from the apple, leaving only 4g from other sources, which makes the product okay.
- 4 If there is no fruit (or dairy) in there, look at where the sugar may be coming from. Some alternative names for sugar are: sucrose, glucose, glucose syrup, organic cane sugar, dextrose, malt, maple syrup, golden syrup, honey, inulin, HFCS.
- 5 If there is no fruit in there and one of the sugar substances appears in the first three listed ingredients, give the product a miss.

WHY IS THERE SO MUCH FEAR OF FRUCTOSE?

There is a lot of fear about fructose as a sweetener and this is mainly due to high fructose corn syrup (HFCS), used extensively in the American food supply system. Most Australian brands do not use HFCS.

The concerns about high fructose corn syrup are due to:



- the industrial process by which it is made
- its overuse in the American supply chain
- the question whether it is more damaging to our health than other sweeteners, and whether or not it is genetically modified.

There are studies which point to fructose, or more specifically high fructose corn syrup, contributing heavily to the obesity epidemic, type 2 diabetes, insulin resistance and fatty liver disease. The issue with these studies is they are either performed on rodents rather than humans, or they are performed consuming a hypercaloric diet.

Research into the consumption of fructose in moderate amounts is limited, and in fact many of the symptoms resulting from a hypercaloric diet of fructose or high fructose corn syrup can also be observed in studies on diets that are high in fat or high in glucose. It is the additional calories and energy which cause the symptoms, rather than the fructose per se.

Ultimately, the important thing to know is when you consume fructose in fruit, the effect is different, as it is part of a whole food, not extrapolated as an ingredient.

Note: If you are wanting to avoid fructose, the Healthy Mummy Smoothies are now 100 per cent fructose free and 96 per cent sugar free. You can read all about them on our website.

10 easy steps to banish sugar

- 1** Stop adding sugar to your foods and drinks. If you need to sweeten your tea or coffee then use stevia or similar as this will not affect your blood sugars.
- 2** Give up soft drinks. But do not replace them with artificially sweetened versions. Instead choose sparkling mineral water and flavour with lemon or lime wedges or slices of fruit.
- 3** Choose wholegrain breakfast cereals that do not have added sugars. Make your own muesli, choose oats, quinoa flakes, or eggs rather than bowls full of colour and sugar!
- 4** Instead of a pastry or cake for snack time, select something fresh and savoury like hummus with carrot sticks. If you must have something sweet, make your own healthier versions, freeze in small portions and take them with you.
- 5** Use the low sugar recipes from the 28 Day Sugar Detox Challenge to make healthy, homemade versions of processed, pre-packaged foods that are often loaded with sugars e.g. breakfast cereals, lunch box snacks, afternoon tea.
- 6** Set yourself a limit everyday and stick to it. If you normally add 3 teaspoons of sugar to your tea, reduce it to 2 for a week, then reduce it to one, then 1/2, until you can enjoy your tea naturally.
- 7** Tell your family, friends and colleagues what you are planning and get them on board. Make changes with your family, and with a buddy at work, so you can support each other.
- 8** Eat fresh, unprocessed food as often as possible. If you can eat foods as close as possible to their natural state you will avoid un-necessary sugars, flavours and preservatives.
- 9** If you are used to eating sweetened yoghurts you can gradually change your pallet over to plain, unsweetened yoghurt by adding a small amount of natural yoghurt to your usual variety. Gradually increase this amount until you are used to the unsweetened taste and no longer eating the sweetened variety.
- 10** Reduce the sugar used in baking to 1/3 cup, or replace it completely with fruits such as bananas and dates. These add plenty of sweetness with the added benefit of vitamins, minerals and fibre.

HOW A DETOX FROM SUGAR CAN MAKE YOU FEEL

- Depending on your usual sugar intake and how much you reduce it will determine the types of side effects you may experience.
- Everyone is different but if you have been overdoing it with the sugary stuff for a while and then reduce it quite obviously you may experience headaches, skin breakouts, or bowel changes (excess sugar for some people can be a laxative, so reducing this may clog you up until your body can regulate itself again).
- Reduce your sugar intake slowly. If you make changes too quickly, the withdrawals can make you easily give into cravings as you think they'll make you feel better.
- Every lifestyle change you decide to make for the benefit of your health should be slow, steady and long lasting.

LABEL WATCH

Watch out for added sugars. If any of the first three listed ingredients are sugar, it is a food best avoided. A good guide is to aim for less than 10g per 100g. Be aware there are other names by which sugar may be listed on the label; for example, monosaccharide, raw sugar, brown sugar, molasses, honey, golden syrup, malt, maltose, sucrose, lactose, corn syrup, glucose, maple syrup, fructose and dextrose. Avoid any products containing artificial sweeteners such as aspartame.



what are the best sugar options?

All sugars are broken down into the body as 100% glucose, what matters is how fast this occurs. So in terms of what are the better options for sugar substitutes, it is good to look at the GI of the sugar as the lower the GI, the less impact on blood sugar levels. With a more “complex” sugar the body has to work harder to break it down into glucose. Below is a table of various sugars listing their GI and other details so you can choose the best options for you.

NAME	GI	TYPES OF SUGAR IT IS MADE UP OF	WHAT IS IT?	OTHER BENEFITS
Coconut Sugar	35	Sucrose Glucose Fructose	Coconut palm blossoms	High in potassium and minerals, amino acids, and B vitamins
Rapadura Sugar (also known as panela sugar)	65	78g Sucrose 4g fructose 4g glucose	Evaporated cane juice	Rich in minerals
Yacon Syrup	1	Fructoligosaccharides	Made from a tuber called Yacon	Contains prebiotics
Maple Syrup	54	60% Sucrose Glucose Fructose	Made from the sap of the maple tree.	High in antioxidants, and zinc
Molasses	60	Sucrose Glucose Fructose	A by product of sugar production.	Rich in minerals. High in iron
Brown Rice Syrup	98	Matotriose Maltose Glucose	Made from brown rice	Trace amounts of minerals
Agave Syrup	30	Fructose Glucose	The agave cactus	Contains potassium and sodium
Coconut Flower Nectar	35	Sucrose 1.5% Fructose	Coconut flower blossoms	Contains vitamins, minerals and enzymes
Xylitol	7	Sugar alcohols	Made from corn cobs or wood chips from the birch tree.	Dental health benefits
Stevia	0	Sweetened by plant chemicals	A herb	Up to 300 times sweeter than sugar
Honey	55	Fructose Glucose	Raw honey	Contains minerals
Barley Malt Extract	42	2% Fructose 8% Glucose 2% Sucrose 44% Maltose 12% Maltotriose	Made from barley	Contains protein, B vitamins, and minerals

sugar in popular foods

CEREALS (per 30g serve)

All would agree that a bowlful of sugar is the worst possible way to start the day, but many breakfast cereals that bill themselves as health foods actually contain 30 per cent sugar or more! For a less sweet, but equally delicious, brekkie option, try these suggestions:

OUR PICKS:

Uncle Toby's Oats

- 0.3g sugar (1% sugar)
- 114 cal

Weet Bix (2 biscuits, 33g)

- 1.1g sugar (3% sugar)
- 117 cal

Uncle Toby's Vita Brits (2 biscuits, 33g)

- 0.1g sugar (0.3% sugar)
- 117 cal

OR Make your own healthy bircher muesli

- Place ¼ cup oats, the juice of 1 orange, ½ a grated apple and a sprinkling of LSA and cinnamon into a bowl. Soak overnight. Serve with yoghurt.

SMOOTHIES & SHAKES

Typical weight-loss smoothies are no great shakes in the health department, containing up to 50 per cent sugar. Make sure you look beyond the health claims on the front of the packaging and check out the nutritional info.

OUR PICKS:

Healthy Mummy Vanilla Smoothie, 25g serve

- Less than 1g sugar (less than 3.7% sugar)
- 81 cal

Recommended by doctors, nutritionists and 9/10 mums!



SAUCES

Though many people would never think to check the sugar content of savoury foods, a lot of pre-made sauces contain great quantities of hidden sweetness. For example, typical tomato sauce contains 24 per cent sugar, while barbecue sauce is almost half sugar!

OUR PICKS:

Try making your own flavour base for stir-fries

- Combine honey, soy sauce, fresh ginger, garlic or chilli.

Make your own tomato sauce

- Simmer a tin of chopped tomatoes with 1 finely chopped garlic clove and a handful of fresh herbs for 5 minutes. Season to taste and then blitz until smooth, or leave it chunky if you prefer. This can double as a pasta sauce by adding another tin of tomatoes.

Make your own salad dressing with fresh ingredients

- For a simple honey mustard vinaigrette, place 1 tbsp white vinegar, 1 ½ tbsp Dijon mustard, 1 tbsp honey and 1 tbsp olive oil in a screw-top jar and shake well.

SNACK FOODS

Give yourself an energy boost without the sugar hangover. The humble Tim Tam is 46% sugar (no surprises there), while even some savoury snacks – flavoured crackers and crisps – are served with a side of sweetness.

OUR PICKS:

Popcorn, 30g (air popped at home)

- 0.3g sugar (1% sugar)
- 102 cal

Plain rice crackers, 10 biscuits (17g) – try adding some avocado or tomato

- 0.3g sugar (less than 2% sugar)
- 67 cal

Veggie sticks with 30g hummus

- 0.7g sugar (2% sugar)
- 73 cal

Homemade healthy muffins

- Keep in the freezer to grab on your way out the door.

Mini frittatas

- Quick, easy, healthy and delicious.

Check out the Lose Baby Weight website for recipes and ideas!

YOGHURT

Yoghurt is a fabulously healthy snack, but choose wisely. Flavoured yoghurts are often high in sugar, while fat-free versions are packed with the white stuff to compensate for the flavour deficit when the fat content is removed.

OUR PICKS:

Natural whole milk yoghurt, 100g

- 4.8g sugar (remember 4.7% per 100g is lactose)
- 83 cal

Make your own flavoured yoghurt snacks

- Mix through berries or pureed fruit. Even honey is a healthier alternative, as you can control the amount of sweetness added.

ICE CREAM

Beware of sugar-free ice creams, which really are too good to be true. Most, if not all, are full of artificial sweeteners, which should be avoided.

OUR PICKS:

Healthy Mummy thickie

- Make a super thick Healthy Mummy Smoothie and eat with a spoon; use half the normal amount of milk, or add extra ice, frozen banana or homemade frozen natural yoghurt.

Banana soft serve ice cream

- Slice 2 or more ripe bananas into chunks and freeze overnight on a tray lined with baking paper. Pop them in a blender (with a dollop of natural peanut butter, if you like) and blend until smooth and creamy.

Nutty chocolate mousse

- Blend 3 ripe avocados, 4 tbsp honey and 4 tbsp cacao powder until super smooth. Place into 4 glasses and chill, then serve with chopped hazelnuts or pistachios.

DRINKS

It's common knowledge that Coca-Cola contains almost 10 tsp of sugar per 375ml, but what you might not know is that other soft drinks, flavoured mineral waters and milk drinks are really not much better. Diet drinks are not a great alternative as they are packed with artificial flavours.

OUR PICKS:

Water

- This is the ideal choice. In order to lose weight, try to drink at least 2 litres per day (more if you are breastfeeding).

Sparkling mineral water

- This contains no sugar and zero calories. Add a little fresh lemon, lime or orange juice for flavour – while fruit is best consumed whole for fibre, a splash of juice in mineral water is a tasty and healthy treat.

Iced mint tea

- Place ½ cup of coarsely chopped mint leaves in a jug with 1 litre boiling water. Allow to stand for 10 minutes before straining. Chill and serve with ice and slices of lemon and lime.

ALCOHOL

A note about alcohol: Although sugar is used in the production of products such as beer and wine, the sugar is turned into alcohol so is not present in the nutritional statistics of the final product. Keep track of the calories though, as a couple of drinks can be equal to a small meal or snack, and alcohol can cause us to make poorer food choices – that goes for the next day too!

OUR PICKS:

White wine or sparkling white wine, 160ml

- 1.6g sugar (less than ½ tsp sugar)
- 104 cal

TIP: Reduce the sugar and alcohol content by drinking spritzers – half wine and half sparkling water.

Red wine, 160ml

- 0g sugar
- 109 cal

TIP: Alternate alcoholic drinks with water or sparkling water to keep yourself hydrated.

Regular beer, 375ml

- 0.8g sugar
- 135 cal

Light beer, 375ml

- 0.4g sugar
- 94 cal

TIP: Light beer is a good choice, as it is low in sugar, calories and alcohol.

A NOTE ABOUT DAIRY: Dairy naturally contains lactose, which is 4.7% sugar, but is fine to consume. Anything you see above this amount per 100g is added sugar. Low-fat dairy often contains more sugar than the full-fat equivalent, as when the fat is removed from a product, sugar is often added to compensate!

how to reduce the amount of soft drink you consume

In one 375ml soft drink, there is approximately 39g of sugar. That's about double the recommended daily sugar intake, in just one drink! The newly released 'healthier' cola products substitute some of the sugar for stevia, but still have enough sugar to fill or even exceed the recommended sugar intake.

The problem with soft drink is not only sugars, but a host of other nasty ingredients, the over consumption of which can lead to a number of health problems. Here is a plan of attack to help you reduce your soft drink consumption to zero:

ACTION PLAN:

EDUCATE YOURSELF:

Most of us are fairly trusting consumers. We believe if something is on our supermarket shelves, it can't be that bad for us. Don't be so trusting – know exactly what you are consuming. The very first step is to read the ingredients in your soft drinks and learn one by one what they are and what they do to us.

Knowing a little bit about some of the ingredients found in soft drinks makes it easier to ignore the enticing marketing and to consider reducing (or completely cutting out) soft drinks from your life.

FOOD ACID 338 is phosphoric acid, a product that is also used in fertilisers and detergents. According to the Australian government's national pollutant inventory, it can severely affect human health by attacking mucous membranes and can lead to breathing difficulties, abdominal issues, extreme thirst and weak rapid pulse. The safe exposure to this is set at 1 milligram/m³, which in a drink falls within normal limits. But if we drink this on a regular basis, our exposure levels have risen and our risk also rises.

Another major concern with this additive is that it leads to lower bone mineral density and this effect is apparent in teenagers.

211 OR SODIUM BENZOATE is a preservative that is linked to hyperactivity and behaviour problems.

951 OR ASPARTAME This artificial sweetener is used in diet soft drinks and has been linked to cancer, seizures, depression, nausea and asthma.

RED COLOUR 122 is banned in several other countries due to its association with cancer.

102 OR TARTRAZINE is another colour banned in other countries due to its risk factors.



OPEN YOUR EYES

Take a look around when you're out.

Notice the difference between the fit, glamorous youths on the soft drink ads and the real-life people who are actually drinking them. Notice how automatically some people consume them and ask yourself, how healthy do they look?

As a society, we have been made to think that drinking soft drinks is normal. How many cafes and restaurants have you been to that do not have soft drinks available? This 'sometimes treat' is so readily accessible, we can grab it anywhere: at a servo, in bulk at the supermarket, when we are dining out, at the train station, on planes...

Drinks that supply or exceed our recommended daily sugar consumption in one serve (plus a range of other undesirable and potentially unsafe ingredients) should not be commonplace. It is up to you, the individual, to choose to see past the marketing.

REDUCTION STEP 1

Reduce your soft drinks by a third.

Cut down your typical soft drink consumption by a third, and at the same time, seek out an organic soft drink alternative to your regular favourite. While the alternative soft drink will still contain sugar, it won't contain the other highly concerning ingredients.

Move onto step 2 after a week of reduced consumption, or earlier if you are ready to cut back more.

REDUCTION STEP 2

Cut back by another third. Replace your soft drink with a super cold fizzy mineral water flavoured with fresh lemon or lime wedges. Making sure you are drinking lots of water will also help alleviate any detox symptoms you may be experiencing as a result of reducing sugar and caffeine.

Pat yourself on the back; you are doing an amazing thing for your health! After another few days (a week at most) at this stage, you are ready to move on to step 3.

FINAL REDUCTION

Drop the remaining third. Cut your soft drink consumption to zero by finding other, healthy ways to treat yourself. If you really feel like a soft drink, try creating your own flavoured mineral water by adding pieces of fruit to a bottle of fizzy water and allowing it to infuse for awhile before drinking. Flavours that work well include ginger and pear, pomegranate, mixed berries, lemon or lime, green tea and mint, or mango and orange.

GIVE IT TIME

Your taste buds will adjust. Give them a chance and before you know it, sickly sweet soft drinks will taste absolutely disgusting! In the meantime, if you are struggling with cravings, go and visit your local health food store and ask about supplements to help your body adjust to sugar cravings. There are quite a few mineral supplements that are known to help.

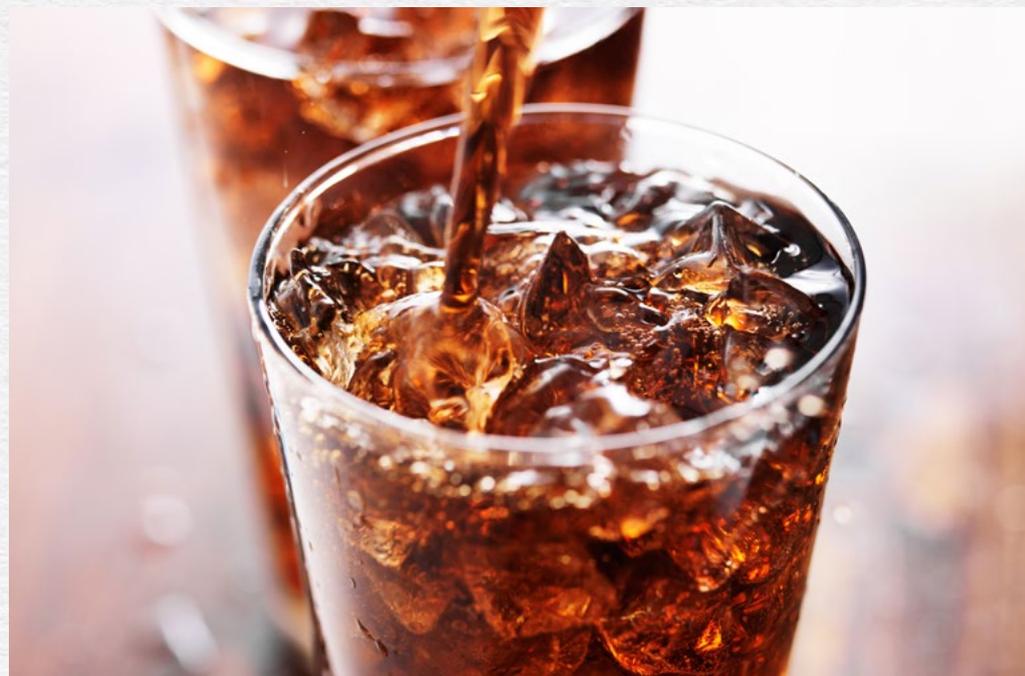
YOU CAN DO THIS!

Your reward will quickly come in the changes you'll start to notice in your body.

REDUCING SOFT DRINKS:

- can reduce swelling and inflammation
- can help gout and arthritis symptoms
- can give you clearer skin
- will allow your body to absorb more nutrients so you will start to feel more vital
- will make your teeth stronger and less sensitive
- will dramatically reduce your risk of type 2 diabetes
- And another bonus: you will save so much money!

"If you really feel like a soft drink, try creating your own flavoured mineral water."



how to reduce the sugar you consume in tea and coffee in 3 weeks!

ACTION PLAN:

You're committed to reducing your sugar and are motivated to succeed. But there's just one problem: how will you get through the day with no sugar in your tea and coffee?

By adjusting your intake in a slow and steady way, you will give your tastebuds time to adjust, lessen the likelihood of detox reactions like headaches, and make these changes long-lasting.

A realistic step-by-step plan is the key to success.

First, consider how many cups of tea and coffee you drink each day and how much sugar you add to each. If you only have one cup of tea with one teaspoon of sugar each day, you can easily slash your sugar intake within a week.

However, if you have, for example, three teas and three coffees each day, with two sugars in each, that equates to 12 teaspoons of sugar – a third more than your recommended daily intake! – so cutting back may take longer.

The following plan will help you reduce the sugar you add to hot drinks within just three weeks:

WEEK ONE

DAYS ONE TO THREE:

Reduce the amount of sugar you habitually add by half a teaspoon per cup of tea or coffee.

DAYS FOUR TO SEVEN:

Adjust the amount of added sugar again, reducing by another half a teaspoon per tea or coffee.

Congratulations! Just by completing the above actions, you will have reduced your sugar intake by a whole teaspoon per tea or coffee in only one week!

WEEK ONE RESEARCH:

Look in the coffee and tea aisle for yummy alternatives to your usual hot drink – distracting your tastebuds is a good way to head off sugar cravings. Dandelion root is a popular coffee replacement and has the benefit of assisting your liver function. Rooibos is a low caffeine tea that won't dehydrate your system, while peppermint tea is refreshing and great for digestion.



WEEK TWO

DAYS EIGHT TO TEN:

Amp it up a bit by reducing the amount of added sugar by another whole teaspoon per cup of tea or coffee.

DAYS ELEVEN TO FOURTEEN:

Make another adjustment, reducing by another teaspoon per tea or coffee. By the end of the second week, you will have reduced your sugar by three teaspoons per hot drink!



WEEK TWO RESEARCH:

Try swapping one of your black teas per day with green tea. Green tea is delicious just the way it is, with no need for milk or sugar. It has less caffeine than coffee and is beneficial in reducing caffeine withdrawal symptoms. Plus, it has thermogenic properties that can assist your detox and weight loss efforts by increasing your metabolism.

It's important to note that green tea flavoured drinks are not a good substitute, despite clever marketing claims of enhanced benefits, as they are likely to contain a host of other undesirable ingredients, including sugar.

WEEK THREE

DAYS FIFTEEN TO TWENTY-ONE:

Count up how much sugar you are still adding to each tea or coffee and slash it in half.

Consider replacing your sugar with a natural sweetener like xylitol or stevia. These are both plant-based sweeteners that do not spike your blood sugars and, unlike aspartame or other artificial sweeteners, are not associated with long-term side effects like cancer.

WEEK THREE RESEARCH:

A really common mistake is replacing sugar for honey, thinking of it as a natural alternative, but honey breaks down in the body into the same simple sugars as table sugar. When choosing which sugar alternative to put in your tea or coffee, consider what its GI is, and choose something with a low level.

REMEMBER TO HYDRATE WITH WATER

For every cup of black tea or coffee you drink, you ought to add an extra cup of water, on top of the normal amount you would consume. The reason for this is that tea and coffee are astringent and high in tannins, meaning they dry out your membranes. The long-term effects of this may include constipation and malabsorption (meaning nutrients will not be absorbed effectively).

So, consider swapping out these drinks for more beneficial herbal teas and ensure you're compensating for the coffee and black tea with extra H₂O!



how exercise can help with a sugar detox

Exercise is great for detoxification because it makes your heart pump and body sweat. Toxins are released from the body through exhalation (breathing), urination and sweating so fitness is a great way to encourage toxins to leave your body. Choose exercises that make you breathe, sweat and stretch to boost your detox.

Try these 5 Fitness Steps to help your body detox when reducing sugar in your eating plans:

AEROBIC EXERCISE encourages an increase of oxygen delivery and aids elimination of toxins through the lungs. As we jump, jog and spring in our step, the bodily tissues are prompted to compress and squeeze out toxins from the cells into lymph fluid.

REBOUND EXERCISE is one of the very best lymphatic exercises. As toxins are removed from cells, they are transported from tissues through the lymphatic system and eliminated from the body. Rebound exercise is a brilliant detoxifier and can quickly boost the immune system.

PILATES is a wonderful form of exercise for detoxifying certain organs such as

the liver and kidneys as well as removing toxins through deep breathing. Pilates is highly focused on twisting, contraction and stretching which support the lymphatic system and aid the removal of waste products such as Co₂ and lactic acid that reside deep within the muscles' tissue.

BODY FAT LOSS is another way exercise helps to detoxify the body by reducing the body's subcutaneous fatty tissue. Toxins are readily stored in the fatty tissue of the body and when body fat is reduced through exercise, the toxins are eliminated and can be cleansed through the body's organs. So if you are working out for weight loss, you

are also supporting the removal of unwanted toxins from your body.

OUTDOOR TRAINING. While outdoor training may increase sweat and eliminate toxins, detoxing from sugar is not just about bodily toxins. Nervous tension in the body or emotional stress can also build up after consuming too many sweet treats or being set back in your fitness regime. Reduce your chance of feeling stressed by detoxifying your body and mind at the same time. Turn off your gadgets, head outside and enjoy all the benefits of a simple outdoor training session.



why we love the 28 day weight loss challenge



**TAWHAI
 LOST 50KG!**

"It still blows my mind how far I have come since I first found Lose Baby Weight and the 28 Day Challenges. It's not just about losing weight but also about gaining fitness, strength and confidence. I am so much healthier and happier now."
Tawhai



**RAE
 LOST 15KGS**

"I love the structure of the challenges and knowing that thousands of other Mums are participating alongside me makes me feel empowered and so very motivated."
Rae



"The recipes are delicious and easy to prepare, the exercises are very challenging and non repetitive and the support you receive is invaluable!"
Kat

**KAT
 LOST 27KGS**

"Lose Baby Weight helps you understand HOW to lose weight, the SAFE way to do it, and WHY it happens a particular way. I could not recommend a program more. It has improved every aspect of my life."
Lauren



**LAUREN
 LOST 46KGS**

Unlike most other plans on the market, the 28 Day Weight Loss Challenge meal plans are **fully customisable!** PLUS you have access to over 2000 recipes that are both family and budget friendly.

ALSO there are 28 days of **at home exercise routines** in our easy to follow weekly plan. And all of our exercises come with step by step and video instructions.

**ALL THIS
 FOR JUST
 OVER \$1
 A DAY!**

Meal Plan Customiser - Week 1

1. Select the recipe below you'd like to swap, then click Swap and you will be taken to the tool to change meals. 2. If you only want to increase some bits on the recipe select the number of servings. 3. Finished? Click Save

Swap Select All None Instructions C' Press All Save

Monday June 1 1465 cals

BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	EVENING SNACK
 Avocado toast 334 cals	 Basil Pesto with Veggie Shox 189 cals	 Chili Roast Beef & Sausc Sandwich 520 cals	 Almond & Cacao Fudge 134 cals	 Pork, Pineapple & Coconut Stir Fry 379 cals	 Watermelon & Almonds Snack 152 cals

Week 1 Exercises

Monday August 03, 2015	Tuesday August 04, 2015	Wednesday August 05, 2015	Thursday August 06, 2015	Friday August 07, 2015
 Day 1 - Upper Body	 Day 2 - Core	 Day 3 - Mat Pilates	 Day 4 - Lower Body	 Day 5 - Full Body

about the healthy mummy smoothies

Smoothies are an **optional extra**. Use in conjunction with the 28 Day Challenge meal plans, on their own as a healthy, easy to prep meal or not at all. The Healthy Mummy plans are totally flexible to suit your needs and budget.

QUICK, EASY AND DELICIOUS - THE PERFECT MEAL REPLACEMENT FOR BUSY MUMS

THE HEALTHY MUMMY SMOOTHIE IS A DELICIOUS AND NUTRITIOUS MEAL REPLACEMENT PRODUCT, DESIGNED ESPECIALLY FOR MUMS.

Unlike other shakes or smoothie products, which can contain artificial ingredients and fillers or just be a protein powder,

The Healthy Mummy Smoothie is packed with a **potent combination of 24 vitamins and minerals, protein, carbohydrates, fibre and healthy fats**, providing a nutrient hit for busy mums. The smoothie is also breastfeeding friendly and contains fenugreek.

BREASTFEEDING FRIENDLY



NO CAFFEINE

NO ACCELERANTS

GLUTEN & DAIRY FREE

96% SUGAR FREE

100% FRUCTOSE FREE

HIGH IN FIBRE

NO ARTIFICIAL INGREDIENTS

BREASTFEEDING FRIENDLY



WHAT BREASTFEEDING MUMS SAY ABOUT THE SMOOTHIES

"After finding The Healthy Mummy when my baby was three weeks old, I started on The Healthy Mummy Smoothies and they were my saviour! I went from only eating dinner to finally having filling and nutritious breakfasts and lunches that I could have on the go and with my hands full. The smoothies also made a fantastic difference to my supply, which was a massive help when bub was feeding continually. With the help of The Healthy Mummy program and smoothies, I was able to lose 30kg in 12 months, while feeding my bub."

ANDREA DIXON

"The Healthy Mummy Smoothies have been a complete lifesaver for me. With a toddler and a newborn, it's so hard to look after yourself, even to make yourself breakfast in the morning. The smoothies are delicious and keep me full for ages. I've lost 8.5kg in the last seven months!"

ALISHA LYMAR

"I can't imagine how I would have survived when my third baby was born without my Healthy Mummy Smoothies. They boosted my milk supply, making breastfeeding easier. I never missed a meal because I always found a quick minute to whip up my smoothie. They were a total lifesaver!"

MEGAN VANDERWAAL

www.losebabyweight.com.au - click [here](#) to join today!

THE HEALTHY MUMMY SMOOTHIES STAND OUT FROM THE CROWD!



PER 100G	THE HEALTHY MUMMY	SLIM RIGHT	OPTIFAST	TONY FERGUSON	FAT BLASTER	RAPID LOSS	BIGGEST LOSER	HERBALIFE	CELEBRITY SLIM
Energy (kj)	1450	1470	1566	1538	1566	1504	1583	1511	1672
Protein (g)	54.9	16	30	34	19.3	19	36	32	48
Carbs (g)	9.3	57	39	43	58	51	44	53.5	27.5
Sugar (g)	1.6	46	32	32	52.8	46	40	32	22.5
Fibre (g)	26.7	16	not listed	7	9	7	4	8.2	6.2
Fat (g)	6.9	2	5.5	4	5.3	5	4	3.5	9.1
No of vitamins & minerals	24	16	24	24	25	24	25	19	25
Sodium (mg)	711	245	480	360	468	382	382	428	342
Cost per serve (based on RRP in Jan 2016)	\$2.74	\$1.52	\$3.49	\$3.49	\$1.38	\$2.21	\$3.66	\$3.48	\$2.99
Serving size	25g	35g	54g	55g	33g	41g	55g	28g	40g
Sugar (per serve)	0.4g	16g	18g	18g	17g	19g	22g	9g	13g
Sodium (per serve)	177.7mg	86mg	220mg	200mg	155mg	160mg	210mg	120mg	160mg



WHAT BREASTFEEDING MUMS SAY ABOUT THE SMOOTHIES



CAT HAS LOST 30KGS



"I struggled with my milk supply with my first baby and only managed a week or two of breastfeeding.

I started using The Healthy Mummy plans when she was about eight months old. By the time I had my second baby, I had been using The Healthy Mummy Smoothies for a few years, along with the meal plans. I successfully and exclusively breastfed him for seven months before returning to work.

I know my breastfeeding success was due to using the smoothies to maintain my supply. They were full and nutritious meals I could make in under five minutes, ensuring I was eating enough of the good stuff to meet bub's needs.

Having a meal you can make in five minutes

and one-handed makes life with a newborn so much easier. I have lost more than 30kgs safely using The Healthy Mummy Smoothies and meal plans."

CAT CHRIST

"After struggling to meet the feeding demands of my firstborn, I was ecstatic to be able to feed our second child to 19 months, while losing weight with The Healthy Mummy Smoothies.

I'm now feeding our third baby, and six months in, I have lost almost 20kg and I have never felt so confident with my supply thanks to my daily Healthy Mummy Smoothies."

BELINDA BELLIS

HEALTHY WEIGHT LOSS FOR MUMS

“We are the biggest **mums only** healthy living & weight loss community”

The Healthy Mummy brand was created by mum of two Rhian Allen in 2010 after Rhian was pregnant and wanted to create a healthy solution for mums to regain health, energy and body confidence after having children.

5 years later, The Healthy Mummy business is used by 100,000s of mums and is a trusted approach to safe and healthy weight loss and healthy living. Collectively our mums have lost over 2 million kilos!*



WHAT DO WE OFFER?

THE HEALTHY MUMMY SMOOTHIES A healthy meal replacement without any nasties and ideal for busy mums if there is no time to cook! Plus they are breastfeeding friendly and contain 24 vitamins and minerals.

THE 28 DAY WEIGHT LOSS CHALLENGE An interactive monthly weight loss challenge with 100 brand new recipes each month, fully customizable menus, shopping lists AND it's family friendly. Also includes full exercise plans – all made for BUSY MUMS.

THE 28 DAY WEIGHT LOSS CHALLENGE APP
Exclusively for Challenge Members! Available on Android & Apple.

THE POST PREGNANCY EXERCISE DVD
The No 1 post natal exercise DVD with leading Australian Physiotherapist Lisa Westlake.

OVER 22 FAMILY FRIENDLY RECIPE BOOKS
Including The Chocolate Cookbook, Healthy Kids Cookbook, Under 15 Minute Meals and Vegetarian Cookbook.

HUGE SUPPORT GROUP OF MUMS Private Facebook group with over 50,000 like-minded mums for daily support encouragement and inspiration. See our private support group at www.facebook.com/groups/losebabyweight

YOU CAN DO ONE OR ALL. THE CHOICE IS YOURS!



TASHEENA HAS LOST 44KG



TAWHAI HAS LOST 46KG

Mums lose an average of 4-6kg* every month on our achievable plans

*Based on over 100,000 mums recording their results on our website in 2014 & 2015