

WoW! *Sugar Smart* Challenge - November 2019!

The WoW! programme, in partnership with The Heart and Stroke Foundation South Africa, brings you the Annual WoW! Sugar Smart Challenge. During November we challenge you to reduce your added sugar intake.

What does that mean?

- **Reduce sugar during November** (and thereafter). One day at a time!
- **What to reduce?** Select at least one added sugar food item (that you have often) to reduce during November. Select from: adding sugar to tea and coffee; sugary drinks (including fruit juice, sports drinks, diet drinks; flavoured water); chocolate/ sweets/candy; cakes/biscuits/rusks; sweetened yoghurt/mahewu; ice cream/milk shakes; alcoholic drinks (including wine, beer, cocktails, ciders); sweet desserts/puddings; sweetened breakfast cereals; bread; adding sugar to vegetable cooking; other:...
- **Read food labels:** Make sure you read all food labels before just grabbing something from the shelves. Something you think is sugar free could have hidden sugars.
- **Swap your snacks:** Choose healthier snacks that are lower in sugar.
- **Rethink your drink:** Drink water. Flavour water by adding natural ingredients such as lemon, orange, apple, strawberry, mint, cucumber, aniseed, cinnamon, basil and so much more.
- **Mindful eating:** Get mindful on all of your food choices, start to explore alternative healthy options, eat and enjoy your food with others.
- **Stay motivated:** If you fall short, keep going. Get someone to do the challenge with you.
- **Move more:** Aim for at least 30min of physical activity on most days of the week.

What are the benefits of reducing my added sugar intake?

Some of the benefits that you might experience:

- Lose weight – this in turn reduces your risk of developing a chronic disease such as diabetes.
- Improve concentration.
- Clearer skin.
- Reset your system.
- Your taste buds will be adjusted.
- Sleep better.
- Improve health.
- Control you energy levels.
- Look and feel great in your summer clothing.
- Save money.

List the 3 benefits that you want to experience through this Sugar Smart Challenge:

1. _____
2. _____
3. _____

Actions to be Sugar Smart:

- **Clear out!** Remove all sugary foods and treats from your cupboards.
- **Be prepared!** Have healthy snacks available like raw nuts, fruit, and unsalted air popped popcorn.
- **Beat the boredom!** Sometimes we simply eat to give ourselves something to do. Find something to keep you busy, like physical activity, reading or house chores.
- **Manage your stress!** Take healthy actions such as going for a walk, rather than reaching for sweets/chocolates.
- **Social support!** Surround yourself with like-minded people who will support and encourage you.
- **Learn through challenges!** There is no such thing as failing. There is only learning and retrying for success!
- **Share experiences!** Share your challenges, ideas, actions and progress on the WoW! Facebook group: [WoW! WesternCape on Wellness](#)

For more information about the **Sugar Smart Challenge** and the **WoW! Healthy Lifestyles Initiative**:

Website: www.westerncape.gov.za/wow

Facebook Group: [WoW! WesternCape on Wellness](#)

WhatsApp: Send "Join WoW!" with your name & surname to: 066 390 6646

Email: wow@westerncape.gov.za

Phone: 021 483 6651



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Wow! *Sugar Smart* Challenge 2019

YOUR PLEDGE

I, _____, promise myself that I will complete the #BeSugarSmart Challenge by reducing my sugar intake for the entire month of November 2019.

My goal for November is to reduce (select at least one thing that you have often):

	Adding sugar to tea and coffee
	Sugary drinks – including fruit juice, sports drinks, diet drinks; flavoured water
	Chocolate/ sweets/candy
	Cakes/biscuits/rusks
	Sweetened yoghurt/mahewu
	Ice cream/milk shakes
	Alcoholic drinks (including wine, beer, cocktails, ciders)
	Sweet desserts/puddings
	Sweetened breakfast cereals
	Bread
	Adding sugar to vegetable cooking
	Other: _____

Remember to tick the *Sugar Smart Challenge Calendar* every day!



WoW! *Sugar Smart* Challenge 2019

The Start: 1 – 3 November

<p>FRI 1st</p>	<p>Welcome to the START of the Sugar Smart Challenge! For tips on how to stay motivated, join the WoW! Facebook group: <i>WoW! WesternCape on Wellness</i> and sign-up for WhatsApp: Send "Join WoW!" with your name and surname to 066 390 6646 and visit www.westerncape.gov.za/wow. For healthy recipes visit: http://www.heartfoundation.co.za/resources/</p> <p>Start with the end in mind. List the 3 benefits that you want to experience through this Sugar Smart Challenge.</p>	<p>Tick if you had a Sugar Smart Day</p> <p><input type="checkbox"/></p>
<p>SAT 2nd</p>	<p>Practice SMART goal setting when you plan to reduce the amount of added sugar in your diet. Sit down and write a step-by-step plan on how you will reduce your sugar intake during November. Set plenty of small goals that lead up to you reaching your ultimate target.</p> 	<p>Tick if you had a Sugar Smart Day</p> <p><input type="checkbox"/></p>
<p>SUN 3rd</p>	<p>Time to get rid of temptations. When cleaning out your pantry, food labels will help you distinguish between foods that are high in sugar (that need to go!) and those who have acceptable sugar levels. A product should contain less than 5g of sugar per 100g or 100ml to stay in your cupboard. Also look at the ingredients list. If sugar is listed as one of the first three ingredients, that product has to go!</p>	<p>Tick if you had a Sugar Smart Day</p> <p><input type="checkbox"/></p>

WoW! *Sugar Smart* Challenge

Week 1: 4 – 10 November

<p>MON 4th</p>	<p>Small daily improvements are the key to long-term results. Always remember: "Small change for BIG benefits!".</p>	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 407 1438 491" type="checkbox"/>																
<p>TUE 5th</p>	<p>Sugar goes by many names: sucrose, dextrose, corn syrup, maltose, molasses and glucose. If these words appear near the beginning of the list of ingredients, the item is likely to contain a high amount of added sugars. The amount of TOTAL sugar per portion will give you an indication if it is high or low in sugar. Over 22.5g per portion is HIGH IN SUGAR. 5g or less per portion is Sugar Smart.</p>	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 617 1438 701" type="checkbox"/>																
<p>WED 6th</p>	<p>Having breakfast is the best way to start your day as it gives you fuel to get through the day. It is important to have a wholesome breakfast that is high in fiber which will keep you full for longer and help you control your portion size as well as help you evenly space your meals. When having yoghurt rather choose low-fat plain yoghurt instead of sweetened or double cream yoghurts as they're high in added sugar and/or fats. Fruit juices are also high in added sugar, rather have a glass of milk/water/tea with no sugar with your breakfast.</p>	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 848 1438 932" type="checkbox"/>																
<p>THU 7th</p>	<p>It's time to get rid of bad eating habits. You cannot out exercise an unhealthy diet. Using exercise as an excuse to eat whatever you fancy will halt your physical performance and body transformation, causing discouragement. Food should be seen as the fuel that powers your workout sessions, so consume foods high in vitamins and minerals.</p> <p style="text-align: center;">Nutritional Information Table</p> <table border="1" data-bbox="495 1163 980 1360"> <thead> <tr> <th>Per 100g</th> <th>Low eat more often</th> <th>Moderate eat sometimes</th> <th>High avoid or limit</th> </tr> </thead> <tbody> <tr> <td>Saturated fat</td> <td>< 1.5 g</td> <td>1.5 g - 5g</td> <td>> 5g</td> </tr> <tr> <td>Sugar</td> <td>< 5 g</td> <td>5 g - 15 g</td> <td>> 15 g</td> </tr> <tr> <td>Sodium</td> <td>< 120 mg</td> <td>120 mg - 600mg</td> <td>> 600 mg</td> </tr> </tbody> </table> <p style="text-align: center;">Remember to look at per 100 g of food and not per serving</p>	Per 100g	Low eat more often	Moderate eat sometimes	High avoid or limit	Saturated fat	< 1.5 g	1.5 g - 5g	> 5g	Sugar	< 5 g	5 g - 15 g	> 15 g	Sodium	< 120 mg	120 mg - 600mg	> 600 mg	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 1066 1438 1150" type="checkbox"/>
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<p>FRI 8th</p>	<p>If you are starting a new exercise regime, do not overexert yourself during the first few workouts. Having sore muscles during the initial stage might discourage you to continue with your exercise programme. Start slowly and gradually increase your fitness level. Set weekly, attainable goals that will motivate you to stick to your programme.</p>	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 1478 1438 1562" type="checkbox"/>																
<p>SAT 9th</p>	<p>Prepare to stay on track this weekend. If you have sugar-filled snacks in the house, you are more likely to reach for it when cravings strike. Be prepared and have low-sugar snacks like nuts and fresh fruit available. Make the healthy choice, the easy choice.</p>	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 1675 1438 1759" type="checkbox"/>																
<p>SUN 10th</p>	<p>Plan your meals and snacks for the coming week. If you have a busy week ahead, try to cook in bulk so that you have Sugar Smart supper and lunch options. For healthy recipes ideas visit: http://www.heartfoundation.co.za/resources/</p>	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 1856 1438 1940" type="checkbox"/>																



<p>MON 11th</p>	<p>If you don't enjoy your activity or your healthy eating plan, it won't be sustainable. Experiment with different physical activities and healthy recipes to find what works for you.</p>	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 344 1438 428" type="checkbox"/>
<p>TUE 12th</p>	<p>Refined/added sugar found in table sugar, soft drinks, sweets, cakes, etc. provides calories and no nutrients and therefore not required in our daily intakes.</p> <div data-bbox="310 552 1187 730" style="border: 1px solid black; background-color: #fff9c4; padding: 5px;"> <p>Recommended maximum daily intake of added sugar:</p> <ul style="list-style-type: none"> Adult Men: 9 level teaspoons (36g) Adult Women: 6 level teaspoons (24g) Children: 4-8 years, 3 level teaspoons (12g) 8 years and older, 5-8 level teaspoons (20-32g) </div>	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 514 1438 598" type="checkbox"/>
<p>WED 13th</p>	<p>Foods with natural sugar like fruit, veg, starches, legumes and dairy products provide the body with nutrients to feel fuller for longer. Foods high in added sugar like sweets, fizzy drinks, biscuits, etc. will not and this can contribute to weight gain.</p>	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 814 1438 898" type="checkbox"/>
<p>THU 14th</p>	<p>Sugar is found naturally in some foods like fruits (as fructose) and milk (as lactose). We should however be wary of added (hidden) sugars that are present in sweetened cold drinks, sweetened dairy products and breakfast cereals, chocolates, sweets, cakes, biscuits and even your favourite sauce or marinade. If the sugar content is over 22.5g per portion, it's high in sugar. Aim for Sugar Smart products that have 5g or less per portion.</p>	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 1016 1438 1100" type="checkbox"/>
<p>FRI 15th</p>	<p>Not fueling up before your workout is like driving a car on empty. You won't have enough energy to maximize your workout and you limit your ability to burn calories. If you have 5-10min before you exercise consume easily digested carbohydrates such as a piece of apple or banana. If you have at least 60min before you exercise eat healthy carbohydrates such as whole grain cereals, whole wheat toast, brown rice, whole grain pasta, low fat yoghurt and fruits and vegetables.</p>	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 1226 1438 1310" type="checkbox"/>
<p>SAT 16th</p>	<p>Prepare to stay on track this weekend. Beat the boredom by designing your own 5 min training routine: try 5 min of walking or 5 min of jogging on the spot or 5 min of some kind of circuit such as 5xLunges, 5xPushups, 5xSquats and 5xSitups. Feeling OK? Then repeat!</p>	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 1457 1438 1541" type="checkbox"/>
<p>SUN 17th</p>	<p>Plan your meals and snacks for the coming week. Meal prepping is the concept of preparing whole meals or dishes ahead of schedule. It's particularly popular amongst busy people because it can save a lot of time. Having pre-prepared meals on hand can also reduce portion size and help you to be Sugar Smart.</p>	<p>Tick if you had a Sugar Smart Day</p> <input data-bbox="1344 1646 1438 1730" type="checkbox"/>



WoW! Sugar Smart Challenge

Week 3: 18 - 24 November

<p>MON 18th</p>	<p>Just because the past didn't turn out the way you wanted it to, doesn't mean your future can't be better than you imagined. It's never too late to start living a healthy lifestyle.</p>	<p>Tick if you had a Sugar Smart Day</p> <p><input type="checkbox"/></p>
<p>TUE 19th</p>	<p>Be careful when choosing alternatives to sweeten beverages and food. Brown sugar, honey and syrup contain just as many empty calories as regular sugar. Rather have cut or dried fruit with your porridge and cereal to add natural sweetness. Flavour tap water naturally with lemon, mint, fruit pieces, cucumber, etc.</p>	<p>Tick if you had a Sugar Smart Day</p> <p><input type="checkbox"/></p>
<p>WED 20th</p>	<p>Vegetables are a good source of vitamins, minerals and fiber and we should eat 3 every day. Some vegetables are starchy i.e. sweet potatoes, butternut, corn and it is important to watch your portions especially if you're also adding a starch on your plate. The best way to cook vegetables and to retain the nutrients is to steam, sauté, or grill. Adding sugar to vegetables is not necessary as this will add calories and no added nutrients to your meal. If you want to make your vegetables more appetising, rather have them with tasty but nutrient-dense add-ons.</p>	<p>Tick if you had a Sugar Smart Day</p> <p><input type="checkbox"/></p>
<p>THU 21st</p>	<p>Eating added sugar will not always give you the energy boost you think. It wears off quickly because of the rapid rise in blood sugar. Eating a variety of fruits and vegetables every day will provide you with micronutrients that will help optimise exercise performance and promote bone and muscle health.</p>	<p>Tick if you had a Sugar Smart Day</p> <p><input type="checkbox"/></p>
<p>FRI 22nd</p>	<p>Women should limit their added sugar intake to 6 level teaspoons (25g / 100 calories per day). If you've over indulged, you can burn it off with about: 10min of skipping; 30min of stretching; 10min of stair climbing; 25min working in the garden; running 1.2 km; 15min of hiking or 30min of house chores.</p>	<p>Tick if you had a Sugar Smart Day</p> <p><input type="checkbox"/></p>
<p>SAT 23rd</p>	<p>Prepare to stay on track this weekend. One of the big things that throws us off on the weekend is lack of routine or structure. If that's the case for you, come up with a weekend routine that includes physical activity and healthy eating.</p>	<p>Tick if you had a Sugar Smart Day</p> <p><input type="checkbox"/></p>
<p>SUN 24th</p>	<p>Plan your meals and snacks for the coming week. "Meal prepping" is the new buss word in creating healthy meals. Preparing a whole week's worth of food during the weekend where after the food can be portioned and refrigerated or frozen to ensure that weeknights are not too busy for healthy meals. This might feel like extra effort while prepping, but will be well worth while during the week.</p>	<p>Tick if you had a Sugar Smart Day</p> <p><input type="checkbox"/></p>

WoW! *Sugar Smart* Challenge Week 4: 25 - 31 November

MON 25 th	The difference between your body this week and next week is what you do for the next 7 days to achieve your goals. So, go all out for your health and wellness!	Tick if you had a Sugar Smart Day <input type="checkbox"/>
TUE 26 th	When we consume too much sugar our liver transforms it into fat and stores it. This can lead to weight gain and being overweight increases our risk of getting diabetes, high blood pressure, high cholesterol, gout and back and knee pain. Hopefully you have learned valuable Sugar Smart lessons to help you stay healthier for longer.	Tick if you had a Sugar Smart Day <input type="checkbox"/>
WED 27 th	Sauces like tomato sauce, barbecue sauce and sweet chili sauce can contain a large amount of sugar. Rather use fresh herbs and spices to flavor your food or read the label to make sure you choose Sugar Smart options.	Tick if you had a Sugar Smart Day <input type="checkbox"/>
THU 28 th	Educate yourself. Knowing all about the right foods to eat and exercises to do empowers you. You are in control of your own healthy lifestyle!	Tick if you had a Sugar Smart Day <input type="checkbox"/>
FRI 29 th	Men should limit their added sugar intake to 9 level teaspoons (36g / 150 calories). If you've over indulged, you can burn it off with about: 13min of playing rugby; 17min of strenuous weight training; 17min cycling at 23km/h or 13min of fast running.	Tick if you had a Sugar Smart Day <input type="checkbox"/>
SAT 30 th	At the end of the Sugar Smart Month, we hope that you've learned valuable healthy lifestyles lessons to take you forward. Remember, there is no perfect way that works for everyone. It's important to find a way of eating and exercising that you enjoy, find sustainable and can stick to.	Tick if you had a Sugar Smart Day <input type="checkbox"/>
SUN 31 st	You have reached the end of the #BeSugarSmart Challenge. Well done! We would like to hear about your successes. Send your feedback to wow@westerncape.gov.za or share on the WoW! Facebook group: WoW! WesternCape on Wellness. Maintain a low sugar intake as part of your healthy lifestyle!	Tick if you had a Sugar Smart Day <input type="checkbox"/>

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WoW! #BeSugarSmart Challenge

Your Personal Experiences and Successes!

Submit this form at the end of the Challenge to enter a lucky draw for a chance to win a WoW! Goodie Bag including a yoga/exercise mat.

1. List the main benefits you experienced by reducing your intake of foods and drinks with added sugar.

2. List the main challenges/difficulties you experienced in reducing your sugar intake.

3. List the actions/steps you took to overcome the above challenges/difficulties.

4. List any “survival tips” you would like to share with others to reduce their sugar intake.

Please complete your personal details to be entered into the lucky draw:

Your Name & Surname	
Contact number	
Town/suburb	

Competition rules:

- Only one entry per person.
- Only forms completed in full will be considered.
- Closing date for entries: 6 December 2019 at 16:00.
- Winner will be contacted by 13 December 2019.

How to submit your form:

Via email: wow@westerncape.gov.za
 WhatsApp: [066 390 6646](https://wa.me/0663906646) (send as image)
 Fax: 021 483 6033

Additional WoW! Tips

If you Want to “Sit Less and Move More”...

- 
Take the stairs: Where possible, try taking the stairs instead of a lift.
- 
Walk and talk: Walk to visit a friend, instead of making a call; try having a walking meeting at work.
- 
Get moving during lunch/coffee breaks: Take a short walk, or a stretch or simple exercises at your desk.
- 
Make household chores count: Simple household chores can add to daily activity!- listen to music, sing/dance while you are at it.
- 
Planned exercise: Invest in your health by planning regular exercise like an important appointment.
- 
Find a fitness friend: Exercising with a friend is more fun, and helps to keep you motivated.
- 
Enjoy outdoor activity: Look for nearby parks to visit with your children, walk to shops close by.

Current guidelines recommend that adults should aim to get 150 minutes of moderate-to-vigorous physical activity OR 30 minutes on most days.

This amount of exercise is associated with a lower risk for heart disease, diabetes, lung disease and cancers.

Most importantly:

- choose activities that you enjoy;
- build physical activity into your daily routine;
- walk whenever you can,
- daily activities that promote strength and balance are equally important.

If You Want to Eat a Healthy Diet...

The definition of what comprises a “healthy diet” seems to change almost on a daily basis, but there are a few tips which can be applied for everyone.

- ✓ Avoid sugary beverages and fruit juices - choose water instead.
- ✓ Avoid adding sugar when cooking,
- ✓ Avoid adding salt when cooking.
- ✓ Use herbs, spices or lemon juice instead of salt.
- ✓ Take the salt shaker off the table.
- ✓ Cut down on packaged & processed foods.
- ✓ Avoid or limit fast foods.
- ✓ Choose foods low in saturated and trans-fats.
- ✓ Trim visible fat; remove skin on poultry.
- ✓ Include more fibre in your diet.
- ✓ Eat more plant-based foods such as fruit, vegetables, whole grains, legumes and nuts –
 “Eat a Rainbow Every Day!”
- ✓ Avoid or limit alcohol use.



Preparing for a Healthy Sleep

As odd as it sounds, your path to high-quality sleep starts in the morning.

1. Wake at the Right Time

Don't press the snooze button.

3. Get Moving Right Away

Movement speeds up the waking process.

2. Be Awakened by Light

4. Exposure to Natural Light

Natural sunlight for 30min regulates daily sleep patterns.

5. Be Careful of Alcohol and Caffeine

Too much can interfere with deep sleep.

6. Exercise

Regular physical activity promotes better sleep patterns.

8. Limit Fluids

Drinking too much liquid will result in frequent waking up.

7. Eat a Small to Medium Dinner

Too much food can make it harder to fall asleep.

9. Clear Your Mind

Try to resolve your worries or concerns before bed time.

10. Limit Nap Time

Long daytime naps can interfere with nighttime sleep.

11. Create a Sleep Routine

Sleep at least seven to nine hours