

Handout 1: Stress Relief Tips

- Stay in and recuperate. Find a simple, routine task at home; for example, do the dishes, vacuum.
- Clean yourself. A warm bath or shower will improve your mood; it is a soothing liquid hug!
- If stress is keeping you up all night, try progressive muscle relaxation. Lie on your back, crunch your muscles in your body, and then relax them; do it for every muscle, then go to bed.
- Get out for good vibes: practice yoga; meditate; go outside; jog; exercise; leave the headphones behind.
- Meet up with a friend and laugh.
- Treat yourself to something yummy (for example, dark chocolate).
- Appeal to your sense of smell (spearmint tea; a lavender-scented candle), and then breathe in the scents.
- Be sure to include stress relief every day.
- Always remember to breathe!

Handout 2: What Are Your Stressors?

Write your top five stressors.

1.

2.

3.

4.

5.

Handout 3: Commitments

Write your top five commitments to increase your personal health and wellness.

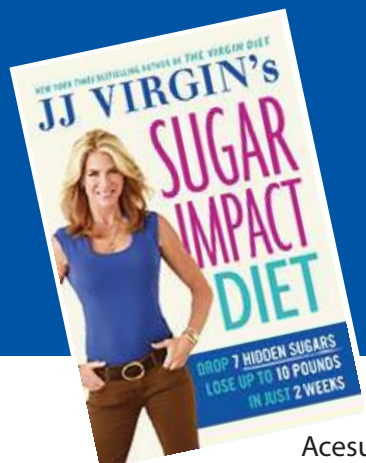
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Sneaky Sugar Inventory

The Sneaky Sugar Inventory is a real eye-opener for finding the Sugar Impact land mines in your diet. It helps you quickly identify where medium and high Sugar Impact foods are sneaking into your diet on a regular basis. In the *Sugar Impact Diet* I provide simple low Sugar Impact swaps for these sneaky sugars so you won't even miss them!

Circle any food or food ingredient eaten in the last week

Acesulfame-K | Agave | Almond milk ice cream | Amaranth | Amaranth flour | Animal crackers
 Apples | Apricots | Asian dressing | Aspartame | Baked beans | Balsamic vinaigrette | Balsamic vinegar | Banana
 Barley | BBQ sauce | Bean chips | Beer | Beet juice | Beets | Biscotti | Black bean flour | Blue cheese dressing | Brandy
 Bread and butter pickles | Breakfast bars | Brown rice | Brown sauce | Brown sugar | Buckwheat | Buckwheat flour
 Caesar dressing | Cakes and pies | Candy | Cane syrup | Canned fruit cocktail | Capri Sun | Caramel sauce | Carnation
 Instant Breakfast | Carrot juice | Catalina dressing | Cereals | Champagne | Cherries | Chocolate syrup | Cocktail
 sauce | Coconut milk creamer, sweetened | Coconut milk ice cream (sweetened) | Coconut palm sugar | Coconut
 sugar | Coffee creamers (refrigerated or dry) | Commercial "smoothies" | Cookies | Cool Whip and Lite Cool Whip
 Corn | Corn cereals | Corn chips | Corn syrup | Corn tortillas | Cornstarch | Couscous | Crackers | Cream cheese
 spread | Cream of Wheat | Creamsicles | Crystal Light | Crystalline fructose | Cyclamates | Dates | Diet soda | Dried
 fruit snacks | Energy bars | English muffins | "Enhanced" waters (with sweeteners) | Ensure | Farro | Fat-free baked
 chips | Fat-free muffin mix | Fat-free or sugar-free Jell-O | Fat-free pudding | Fat-free Twizzlers | Fava bean flour
 Fermented soy | Fish sauce | Flavored almond milk yogurt | Flavored coconut yogurt | Flavored kefirs | French
 dressing | French fries | Fresh figs | Frozen yogurt | Fruit added cream cheese | Fruit juice concentrates | Fruit juice
 Popsicles | Fruit juices | Fruit leather | Fudgesicles | Fuze | Garbanzo flour | Gatorade | Gelato | Gin | Glazed nuts
 Glucose | Gluten-free beer | Gluten-free flour | Graham crackers | Granola bars | Grapes | Green curry sauce | Grits
 Half and half | High-fructose corn syrup | Hoisin | Honey | Honey mustard | Honey mustard dressing | Honey
 roasted peanuts | Honeydew | Hot and sour sauce | Hot cocoa | Ice cream | Ice cream sandwiches | Instant oatmeal
 Instant rice | Italian dressing | Jams | Ketchup | Kiwi | Kombucha tea | Kool-Aid | Lentil chips | Low-fat cheeses
 Low-fat cream cheese spread | Low-fat graham crackers | Low-fat or fat-free ice cream bars | Low-fat or fat-free
 Ice cream | Low-fat or light frozen dinners: Lean Cuisine, Lean Pockets, Lean Gourmet, etc. | Low-fat Oreos | Low-
 fat plain yogurt | Macaroni and cheese | Maltodextrin | Mango | Mannitol | Maple syrup | Marinara sauce | Marsh-
 mallows | Mashed potatoes | Matzoh | Milk chocolate | Millet | Millet flour | Mixed drinks | Molasses | Mousse
 Muesli | Muffins | Mung bean noodles | Nectar | Neotame | Nestlé's Quik | Neufchatel cheese | Non-fat cheeses
 Non-fat cream cheese | Non-fat plain yogurt | Nut chips | Oyster crackers | Papaya | Parsnips | Part-skim mozzarella
 Part-skim ricotta | Pastas | Peanut sauce | Pears | Peas | Pickle relish | Pineapple | Pineapple cottage cheese | Pita
 Plain coconut yogurt (sweetened) | Plums | Polenta | Pomegranate | Popcorn | Pop-Tarts | Port | Potato chips
 Potato starch | PowerAde | Preserves | Pretzels | Pudding | Puffed millet | Puffed rice | Quick breads | Quinoa flakes
 Quinoa flour | Quinoa pastas | Ranch dressing | Raspberry vinaigrette | Red curry sauce | Reduced-fat cookies
 Reduced-fat crackers | Reduced-fat macaroni and cheese | Reduced-fat peanut butter | Reduced-fat Pringles
 Rice cakes | Rice chips | Rice crackers | Rice flour | Rice pasta | Rice syrup | Rice tortillas | Risotto | Rockstar energy
 drink | Root veggie chips | Rum | Rutabaga | Saccharin | Scones | SlimFast | Snack packs | SnackWells low-fat and
 fat-free cookies and treats | Sobe | Sodas | Diet Sodas | Sorbet | Sorbitol | Soy cheeses | Splenda | Sprouted whole
 grain breads | Steak sauce | Strawberry cream cheese | Sucralose | Sundried tomatoes | Sweet chili | Sweet pickle
 relish | Sweet pickles | Sweet potato fries | Sweet potatoes | Sweet tea | Sweetened coconut water | Sweetened
 cows' milks (vanilla, chocolate) | Sweetened dairy-free milks | Sweetened nut butters | Sweetened whipped cream
 Tangerines | Tartar sauce | Tequila | Teriyaki sauce | Thousand Island dressing | Tomato juice | Tomato paste
 Tomato sauce | Tortillas | Unsweetened rice milk | Unsweetened soy milk | V8 juice | Vitamin Water | Vodka | Wasa
 crackers | Water crackers | Watermelon | Wheat breads | Whipped cream cheese | White flour products | White
 potatoes | Whole grain cereal | Wine | Worcestershire sauce | Yams | Yogurts with sugar or artificial sweeteners
 less than 85% dark chocolate | 94% fat-free microwave kettlecorn | 94% fat-free microwave popcorn



Pillar 4, Marketing Strategies

The Polarity Of Foods

Discover how the energetic qualities of food might be creating your cravings!

