



The Sugar Swap Cheat Sheet

Smarter, sweeter choices that actually satisfy

Not deprivation — redirection

Cutting sugar cold-turkey rarely sticks. Instead, swap it for something that hits the sweet spot AND supports steady energy, better sleep, and fewer afternoon crashes.

DRINK SWAPS

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|---------------------------------|---|-------------------------------------|
| ✗ Regular soda (39g sugar) | → | ✓ Sparkling water + splash of juice |
| ✗ Sweetened iced tea (28g) | → | ✓ Unsweetened + lemon + stevia |
| ✗ Flavored coffee creamer (10g) | → | ✓ Cinnamon + vanilla extract |
| ✗ Fruit juice (24g) | → | ✓ Whole fruit + water |
| ✗ Sports drink (21g) | → | ✓ Coconut water or LMNT zero |

SWEET SNACK SWAPS

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|-------------------------------|---|--------------------------------------|
| ✗ Candy bar (25g) | → | ✓ Dark chocolate 70%+ (5g) |
| ✗ Fruit-flavored yogurt (18g) | → | ✓ Plain Greek yogurt + berries |
| ✗ Granola bar (12g) | → | ✓ Apple + almond butter |
| ✗ Ice cream (24g) | → | ✓ Frozen banana + cocoa 'nice cream' |
| ✗ Cookies (14g) | → | ✓ Medjool date + peanut butter |
| ✗ Fruit gummies (16g) | → | ✓ Fresh grapes or frozen mango |

BAKING SWAPS

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|-------------------------|---|---|
| ✗ 1 cup white sugar | → | ✓ $\frac{3}{4}$ cup mashed banana or applesauce |
| ✗ Corn syrup | → | ✓ Pure maple syrup (still sugar — use less) |
| ✗ White chocolate chips | → | ✓ Dark chocolate chips 70%+ |
| ✗ Frosting | → | ✓ Whipped Greek yogurt + honey |

THE CRAVING DECODER

Q: Craving sweets in the afternoon?

You're probably tired or under-protein at lunch.

Q: Craving sweets after dinner?

Habit loop — try herbal tea + brushing teeth.

Q: Craving sweets during PMS?

Real. Add magnesium + dark chocolate.

Q: Craving sweets when stressed?

Cortisol din — 5 min walk beats the cookie

COACH'S TIP

Small win: cutting just ONE sugary drink per day = about 14 lbs of sugar less per year.