

## Day 9: Would You Eat 150 Pounds of Sugar?

What is the Wrong Food? It's pretty simple if you look at history and ignore all the marketing and weight loss studies that have been funded by big business.

Studies show that cultures that consume flour, grains, sugar and fructose are more likely to be obese and have a high rate of heart disease, diabetes and other health conditions. In contrast, cultures that consume only natural foods like meats, vegetables and eggs have been shown to have lower rates of obesity and disease.

### **How Much Sugar?! How Much Fat? An Eye-Opening Activity for You**

Remember that 'Tell Us What You Were Eating Prior to Starting the REV Program' form you filled out last week? Go get it! No, really. Go get it. We will wait for you... (Here's the link to download it again if you need to: [www.PersonalTrainerFood.com/rev/guidelines/Previous-Food-Log.pdf](http://www.PersonalTrainerFood.com/rev/guidelines/Previous-Food-Log.pdf))

OK, did you fill that form out? If not, go ahead and do so right now. (We can wait...it's worth it!)

Now, get online and find a nutrition calculator where you can search out the foods you have on your form. For each of the food items you will need to know what you actually ate for a serving. Avoid the temptation to make your serving sizes smaller than they actually were. We know that trick! Get brutally honest with your serving size and then calculate how many grams of sugar you ate for everything.

Breakfast, lunch, dinner, snacks, drinks, donuts in the break room, try me's at the warehouse store, dessert...everything. Add it all up and write down the number. Now go find a food scale that measures in grams, a bag of sugar and a large spoon. No silly, you aren't going to eat it. You can place a paper plate or paper towel on your food scale and zero it out. Scoop out and weigh enough sugar to match the number of grams per day that you were consuming.

Yeah. Just consider that pile of sugar for a moment. Imagine eating it on a daily basis.

### **7 Weird Ways Flour, Sugars, and Starches Affect Your Body**

Here is a reminder of some of the things you were experiencing just 12 days ago.

1. You felt like a junkie. You couldn't eat just one bite of sugar, you wanted more within minutes. You were always hungry for something.
2. You were kind of a zombie. Sure, you might have been eating sugar to give you energy, but without fail, you ended up more fatigued than when you started.
3. Your organs were getting fat. If you consume enough sugar, fat accumulates around your liver and you end up with non-alcoholic fatty liver disease.
4. You had higher levels of bad cholesterol. Sugar is now the #1 suspect when it comes to heart disease risk and high cholesterol levels (not meats and eggs!).
5. You felt sick. Sugar creates inflammation in your body you didn't even notice, but it was like you were sick with a cold all the time.
6. You were losing your mind. Sugar and high insulin levels is now being investigated as a prime culprit for Alzheimer's. Just Google it!

7. You were feeling blue. Junk food consumption increases the risk of depression by 40%!

### **Now Go Look in the Mirror**

Yesterday we talked about some of the surprising things (besides losing weight) that you should be noticing now. As you are naturally starting to burn fat, things feel like they are getting easier, your energy is returning, you can think clearly and you feel more relaxed. After reading the list of weird things above, how much damage do you think sugar was doing to your body?

Take a look in the mirror. Have you noticed something else? See that glowing face? Is your skin clearer? Smoother? Brighter? Yup. That's how burning fat instead of burning sugar is working for you. That is what REV! is doing for you, gorgeous!

### **Extra Credit for the Extra Curious**

If you want to find out how many pounds of sugar per year you were eating, multiply your grams of sugar per day by 365 and then divide by 453:

$[\text{Your grams per day} \times 365 \text{ days per year}] / 453 \text{ grams per pound} = \text{total pounds of sugar per year.}$

The average person consumes 130-150 pounds per year. How do you measure up?

Note: if you don't consume a ton of sugar a day, you may want to calculate your total carb count for your foods. Flours, starches, grains and pasta are all seen by the body as sugar, and if you have some weight to lose then it is because you were consuming too many carbs overall. You can use the same calculations above for the carbs to give you an idea of the stress you were putting on your body with your carb load.

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at [www.PersonalTrainerFood.com](http://www.PersonalTrainerFood.com)

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