

SUGAR SMART

Weight Loss Plan





Sugar Smart is Made for Those Who:

- Eat fast food 2x or more per week
- Compulsively overeat sweets
- Are looking to improve their insulin or cholesterol levels
- Lead a busy lifestyle that doesn't afford the time to cook all meals at home

This Guide Includes:

A Sugar Smart sample meal plan

4 snack options

A Zero-BITE food list

And a how-to-guide to get you started today!

SUGAR SMART Starter Guide



- 1** Introduction
- 2** The BITE System
- 5** The Science
- 8** Is it for You?
- 9** Food Recommendations
- 13** How-To Guides



Getting Started

It's no secret that sugar can be addictive, and over the years, nutrition research has worked to uncover the mechanisms behind this phenomenon. What remains elusive, however, is how to effectively combat this addiction. After all, cutting sugar from our diet is easier said than done. That's why we created Sugar Smart—it's time to kick sugar to the curb!

While sugar is essential for various biochemical processes in the body, it's important to focus on the best sources. Natural sugars are the healthier choice, yet it's often tempting to reach for the more addictive, artificial options (like that irresistible chocolate cake in the bakery). This is where Sugar Smart comes in—it helps you break free from those cravings and transition to a cleaner, healthier diet, even when eating out.

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The BITE System

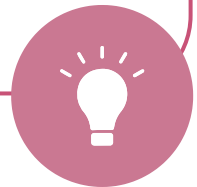
What is a BITE?

A BITE is calculated from a proprietary equation that distills every food and drink item into a numeric value. This is different from strict calorie counting because it rewards factors that are relevant to your diet plan. After all, not all calories are created equal.

On the Sugar Smart Plan:

Calories form the baseline

- ↓ Protein drives BITES down
- ↑ Sugar drives BITES up
- ↑ Saturated Fat drives BITES up





The BITE System

If a food has a high BITE value, it's a good indicator that it's best to avoid it. On the other hand, foods with a low BITE value are great choices for your diet plan. Throughout Healthi, you'll find BITE values displayed within a Hexagon, making it easy to choose the right foods. This plan takes sugar and saturated fat into account due to their role in food dependency, while also incorporating protein, which is known to help curb cravings (see comparison below).

Sugar Smart offers you the flexibility to decide how to spend your BITES, making it a great option for those who might not have the time to cook every meal at home. It's all about finding balance while still staying on track with your goals.



300 CALORIES | 5 BITES

Higher Protein | Lower Sugar | Lower Sat. Fat



300 CALORIES | 12 BITES

Lower Protein | Higher Sugar | Higher Sat. Fat



What are BITE allowances?

Daily BITE

Your Daily BITE allowance is the number of BITES you can eat that day. This number will be personalized to you based on your age, gender, height, weight and activity level.

Weekly BITE

Your Weekly BITE allowance is an extra allowance of BITES that you can divide up how you would like (split them up evenly, save them for the weekend, or don't use them at all). A great way to determine how many Weekly BITES to use is by checking your secondary metrics—calories and macros. Let them guide you toward a balanced and successful week!

Activity BITES

These are similar to Weekly BITES and are awarded to you when you exercise. There's a balance between what you consume and what you expend. Therefore, when you exercise we reward you with BITES because your body expended more calories.

What are Zero BITE foods?

Last but definitely not least are your Zero-BITE foods. These foods were selected since they build the foundation for the Carb Conscious plan. The zero BITE foods on this plan include fruits and non-starchy vegetables. The majority of these foods are high in fiber and tend to be very low calorie. The best part? When you track these foods, they don't count toward your BITE allowance! Use these foods strategically to fill up the majority of your plate.



The Science

Why Sugar?

Many people describe feeling a compelling urge to eat sugary foods, much like how an alcoholic might feel drawn to drink. Interestingly, the pathways involved in these behaviors are quite similar. Both sugar and alcohol trigger brain pathways that respond to rewards, producing neurochemical changes that can lead to dependency. A study by Avena and other researchers at Princeton University found that rats with access to a sugar solution not only developed a pattern of excessive consumption, but also showed an increase in dopamine and opioid receptor binding, indicating that repeated sugar intake sensitized these receptors. This mechanism mirrors the effects of addictive substances! Their hypothesis that rats can develop sugar dependence could very well apply to humans as well.

Why Saturated Fat?

Sugar is only part of the equation when it comes to Sugar Smart. The other major component is saturated fat. Chemically speaking, saturated fats are fat molecules without double bonds between carbon atoms. This structure causes saturated fats to be solid at room temperature, unlike healthier unsaturated fats such as olive oil. Saturated fats can raise cholesterol levels, which in turn increases the risk of cardiovascular disease. Additionally, fats are highly hedonistic—meaning they are incredibly satisfying to our taste buds—and this can encourage compulsive eating due to their impact on a dopamine pathway, similar to sugar's effect.



The Science

Unfortunately, many of the foods we find most appealing are high in both saturated fat and sugar. A recent study by the Yale University School of Medicine found that people not only crave fatty or sugary foods, but they place the highest value on those that contain both. This helps explain why fast food is so irresistible! For example, a McDonald's burger contains a hefty 11 grams of saturated fat—over half of your recommended daily allowance—along with a staggering 9 grams of sugar. No wonder these foods have such a high BITE count!

Why Protein?

The final piece of the equation is protein, which our BITES system rewards you for consuming. This is because we want to ensure you're maintaining a well-balanced diet. Protein plays a crucial role in reducing cravings and helping you stay satisfied for longer periods of time. In fact, a study by researchers from Missouri State University found that increasing protein intake to 25% of total calories led to a 60% reduction in cravings. By incorporating more protein, you can better manage your hunger and stay on track with your goals.



McDonald's Cheeseburger

High Fat

Extremely high sat. fat



Is this for you?

Whether you have a relentless sweet tooth or tend to reach for fast food often, Sugar Smart is here to help. Concerned about having enough BITES to get you through the day when eating out? Sugar Smart ensures you have plenty of daily BITES while steering you toward healthier food choices. With its balanced approach, you can stay on track without feeling restricted, helping you make better decisions even when dining out.





Food Recommendations

To get the most out of the Sugar Smart weight loss plan, it is best to choose foods that are **low in added sugar and saturated fat and high in protein.**

Key Food Guidelines

Choose light meats

Dark colored meats (beef, sausage, bacon) are much higher in saturated fat than light meat.

When in doubt, go fresh

Fresh, non-processed foods, have a higher likelihood of being low in fat and sugar.

Not all sugar is bad

It's impossible to ignore sugar completely. Choose foods that have natural sugars (fruits & veggies) for a stable stream of energy.





1 Day Sample Meal Plan



6 BITES

Breakfast: Veggie Omelet

- 1/2 cup spinach
- 1/4 cup mushrooms
- 1/4 cup onions
- 2 eggs
- 2 tbsp. cheddar cheese
- Salt & Pepper to taste
- Pam cooking spray

Sneak in your veggies with this flavorful and satisfying breakfast. Simply saute your veggies in butter, fold it in the omelet, sprinkle your cheese. Pair your meal with you favorite Sugar Smart Zero-BITE fruits!



7 BITES

Lunch: Summer Salad

- 3 cups arugula (or your lettuce of choice)
- 4 oz. grilled shrimp
- 1/4 cup cubed watermelon
- 1/4 cup blueberries
- 2 tbsp. feta cheese
- 2 tbsp. balsamic vinaigrette
- 1 tbsp. walnuts (optional)

Throwing together different fruits into a bed of lettuce is a great way to take advantage of your Zero-BITE foods. It's also a great way to get your fiber in.



9 BITES

Dinner: Grilled Chicken Sandwich

- 6 oz. chicken breast
- 1 garlic clove
- 1 cup arugula
- 2 tbsp. balsamic vinaigrette
- 1 sandwich bun
- 1/4 cup sun-dried tomatoes
- black pepper and salt

End your day with a classic chicken sandwich. If you don't have the time to make it yourself, grilled chicken sandwiches are offered at many fast food restaurants and are a great alternative to the regular hamburger.



Snack Ideas



9 BITES

Best in Show: Greek Yogurt with Fruit

- 1/2 cup vanilla, non-fat, greek yogurt
- 1/4 cup strawberries
- 1/4 cup blueberries
- 1 tbsp. low fat granola

Our all around snack winner for Sugar Smart is non-fat, greek yogurt! A half cup will boast about 10 grams of protein with less than 1 gram saturated fat. Top it off with your favorite Zero-BITE fruits.



4 BITES

Low-Cal Carrots and Hummus

- 1/4 cup hummus
- 1/2 cup raw carrots



3 BITES

On-the-GO Trail Mix

- 2 tbsp. mixed nuts



7 BITES

Sweet Fix: Healthy Peanut Butter Cookies

- 2 whole grain crackers
- 1 tbsp. peanut butter
- 2-3 strawberries

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ZERO BITES



Alfalfa Sprouts	Dragonfruit	Mandarin Orange	Sauerkraut
Apples, all varieties	Egg Whites	Mango	Scallions
Applesauce, unsweetened	Eggplant	Mangosteen	Seaweed, Nori
Apricots	Endive	Microgreens	Shallots
Artichokes	Escarole	Mixed Salad Greens	Snow Peas
Artichoke Hearts	Fennel	Mulberries	Spinach, all varieties
Arugula	Figs, FRESH only	Mung Bean Sprouts	Squash, all varieties
Asparagus	Fruit Cocktail, unsweetened	Mushrooms	Starfruit
Bamboo Shoots	Garlic	Mustard Greens	Strawberries
Bananas	Ginger	Nectarines	Sugar Snap Peas
Bean Sprouts	Grapefruit	Nopales (cactus)	Tangelo
Beets	Grapes, all varieties	Okra	Tangerine
Beet Greens	Grape Leaves	Onion, all varieties	Tomatillos
Berries, mixed	Guava	Oranges, all varieties	Tomatoes, all varieties
Blackberries	Green Beans	Papaya	Turnips
Blueberries	Heart of Palm	Passion fruit	Turnip Greens
Boysenberries	Honeydew	Peach	Water Chestnuts
Bok Choy	Horned Melon	Pear, all varieties	Watercress
Broccoli	Jackfruit	Peppers, all varieties	Watermelon
Broccoli Rabe	Jerusalem Artichokes	Persimmon	Zucchini
Broth and Bouillon, any	Jicama	Pickles, unsweetened	
Brussel Sprouts	Kale	Pico de Gallo	
Cabbage, all varieties	Kiwifruit	Pineapple	
Cantaloupe	Kohlrabi	Plums	Diet Soda
Capers	Leeks	Pomegranate	Tea
Carrot	Lemons	Pomelo/Pummelo	Coffee
Cauliflower	Lettuce, all varieties	Prickly Pear	Club Soda / Seltzer
Celeriac	Limes	Pumpkin	
Celery	Lychee	Radicchio	
Chard, Swiss or Rainbow		Radish	
Chayote Squash		Raspberries	
Cherries		Rhubarb	
Clementines		Rutabaga	
Chicory			
Coleslaw Mix (cabbage and carrot only - no dressing)			
Collard Greens			
Cranberries, FRESH only			
Cucumbers			
Currants, FRESH only			

Must be fresh, frozen or canned without any added oils or sugars. To find these items listed correctly, search exactly as shown on this list in the Zero Bites Tab and select the 0 BITE option from the results.



How to Get Started

We know that starting a new diet is challenging so we created a step-by-step list of things to keep in mind as you ease your way into this new way of eating.



1. Go Easy on Yourself

New diets take a while to get used to and you may not be successful from the get-go. If you go over your BITE allowance the first day, do not be discouraged. Your body will need time to adjust. It may take some experimenting but eventually you will find what works best for you!



2. Plan Meals Strategically

Zero BITE foods should be prioritized in your meals in order to add bulk to your plate without draining your BITES. Use non-Zero BITE foods strategically to fill in the rest of your plate. A good rule of thumb is to have 1/2 of your plate as non-starchy vegetables, 1/4 of your plate as whole grains, and the other 1/4 as a lean protein source.



3. Use Your Weeklies

Members lose best on this plan when they utilize at least 50-100% of the Weeklies each week (with some using them all). They are simply set aside as Weeklies to divide as you need. (PRO users can turn on secondary calorie tracking to help make sure you are hitting your daily calorie targets.)



4. Read the Labels

When shopping for healthy, complex carbs, start with the food label. Make sure that "whole grain" or "whole wheat" are at the top of the ingredient list. If instead you see terms like "enriched", "refined", or "bleached", you can be certain that the product is highly processed and probably a bad carb choice.



5. Drink Water

There are many benefits to drinking water. Fiber works best in the body when accompanied with an ample supply of water. Aim for at least 8-10 cups a day, but this number may increase depending on the heat, exercise, and medications. Check with your doctor if you aren't sure.



How to Be Successful

Lastly, here are a few key habits that will undoubtedly help you find success in your weight loss journey.



1. Get Moving

Exercise doesn't have to feel like a chore. Find an activity you enjoy that gets your heart pumping, relieves stress, and boosts those feel-good endorphins. Plus, logging your activity in the app earns you extra BITES—another win!



2. Connect with the Community

Motivation is just a tap away. Use the community feature in the Healthi app to ask questions, find recipe ideas, or celebrate milestones with others. We're all in this together—lean on the support when you need it.



3. Track your Progress

Document your weight loss or maintenance journey regularly. Log your weight in the app and use the weight trend graph (found in the profile tab) to see your progress. Consistently tracking keeps you focused and inspired by how far you've come.



4. Celebrate

When you hit your goals and feel proud of your progress, take time to celebrate! Reward yourself and enjoy the moment—you've earned it. Remember, having fun and recognizing your achievements is a key part of the journey.



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