VITALS VAULT

FREE GUIDE

The 7-day added sugar tally sheet

Write down the added sugar in what you eat for one week and compare it with the American Heart Association caps. It takes two minutes a day and shows where your sugar really comes from.

DAILY TALLY: LABEL GRAMS TIMES SERVINGS

Day	Foods and drinks with added sugar	Added sugar (g)	Total (g)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

THE YARDSTICK

The American Heart Association caps are 25 g a day for women (6 teaspoons) and 36 g for men (9 teaspoons). A can of soda or a candy bar holds about 8 teaspoons. This is a general cap, not your personal target.

WHAT THE WEEK SHOWED

My biggest source of added sugar _____

One swap I will try next week _____

QUESTIONS TO ASK

- [ ] Do my fasting glucose or A1C results fit the way I eat?
- [ ] Should triglycerides be rechecked after I cut back on added sugar?
- [ ] Is my sweet craving worth mentioning at my next visit?
- [ ] How soon should I repeat blood work after changing my diet?

Sources: Caps from the American Heart Association, as summarized in a nutrition handout. Our own tally. Self-reported intake is often off.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com