

# 4-Day Sugar Detox Support Group

Say goodbye to  
added sugar for  
JUST 4 days!

## Program Outline:

- Cost: FREE
- Thurs. Feb. 18 | 6:00-7:00 p.m.
  - Initial group meeting to learn about label reading, sample food, and pick up recipe booklet
- Feb. 22-Feb. 25: DETOX
  - E-mail support and question answering.
- Thursday, Feb. 25 | 6 - 7:00 p.m.
  - Final group meeting to discuss what you learned.

Note: Can't make the group times? No worries, schedule a time that works for your schedule by contacting Megan, your Gladstone dietitian!

## Did you know...

- The average American eats about 150 pounds of sugar a year!



- According to brain scans, sugar is as addictive as cocaine!

**HyVee**  
EMPLOYEE OWNED

## What you will get from the support group:

- Recipe booklet with meal and snack ideas.
- Encouragement and ideas from group members.

Sign up by e-mailing [mshamleffer@hy-vee.com](mailto:mshamleffer@hy-vee.com) or call 816-452-6500 and ask for Megan.



# HOW TO TELL IF YOU NEED A

# Sugar DETOX?

- Do you often need to eat something sweet after meals?  
Or as a reward after training?
- Do you cave into sweets, despite telling yourself you'll be good?
- Do you struggle to stop at just one biscuit or piece of chocolate?
- Is it hard for you to imagine not eating breakfast cereal, bread,  
pasta, potatoes or rice most days?
- Do your energy levels crash in the afternoon?
- Are you able to lose body fat everywhere else, but struggle to lose  
it off your tummy?
- Do you get irritable, foggy and moody if you don't eat every  
couple of hours?

If you answered "YES" to any of these questions,  
then chances are you would benefit from a **SUGAR DETOX**