

Set sail together

Invite a friend and you'll both receive one month **FREE!***

PLUS...

you could WIN*
1 of 2 WW Cruise
for two on a luxury
ocean liner!

**Take your journey
to the open seas!**

*Ask your receptionist
for more details

WW Cruise

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July 15-21, 2018



Freestyle™



→
Enjoy our zero Points®
Fresh Blueberry-Peach Salsa! Recipe
at weightwatchers.ca

be sugar savvy

How to find the right
balance of the sweet stuff

the scoop on sugar

Sugar, simply put, is a carbohydrate that can occur naturally in foods and beverages. It can also be added to them.

Some zero Points foods contain **naturally occurring sugars**: non-fat yogourt, fruits, and veggies. They're zero Points foods because, as our Science team puts it, they "form the foundation of a healthy eating pattern." Produce is high in potassium, fibre, folic acid, and vitamins A and C; non-fat yogourt has calcium,

vitamin D, potassium, and protein.

On the other hand, **added sugars**, found in soft drinks, juices, cookies, and so on—don't give us essential nutrients, so it's wise to be mindful about eating them. Also, a higher sugar intake has been linked to increased risk of heart disease, type 2 diabetes, even cavities.

Sugar often winds up branded as the enemy—but as with all foods, it's something to manage. Sugar (natural

or added) in foods with SmartPoints will drive up the number of SmartPoints to help guide your choices.

But there's no need to cut the sweet stuff out completely—for one thing, that's no way to live! And a little added sugar can make nutrient-rich foods (like whole-grain cereal and fat-free yogourt) taste better, which can make you more likely to eat them. As always, SmartPoints can help you find the right-for-you balance!

THE MYTH OF SUGAR ADDICTION

It might feel like it at times, but there's no scientific evidence that sugar is addictive. Here's why: Your body doesn't go through physical withdrawal when you stop eating it—and it's probably easy for you to pass up apples or bananas, which also have (naturally occurring) sugar. The cure for addiction is to cut out the substance entirely—you couldn't eat any foods with sugar. Rather than addiction, you probably have a habit of eating certain types of foods. You can manage this habit through key skills and behaviours that allow you to eat sugar in moderation, without restricting any foods.

Cover: Jennifer Causey, Opposite: Getty Images



tip from a leader

"WW Freestyle™ makes it easy to enjoy foods I love, including sweets. I can eat steak with a baked potato—or cookies with milk! I plan for it, grab an extra workout to earn FitPoints®, and eat chicken, tuna, and eggs from the zero Points food list to stay on track."
—SHIRLEY, LEADER



what to do

plan your sweets

We all have certain foods we're in the habit of eating. But banning a food makes it more likely we'll overeat it when we do come across it. Better: Say yes, with a plan to manage and enjoy favourite sweets. Here's how:

1. Use these questions to create your "sugar strategy":
How will you fit the food into your Budget? Confirm SmartPoints for the amount you choose. Decide how/if you'll use dailies, zero Points foods, weeklies, and rollovers.
Where will you eat the food? Maybe, instead of bringing a package home, you get a single serving and eat it on site, like a chocolate chip cookie at a stand in the mall.
When will you eat the food? Will you save it for after dinner, or will you eat it on a shopping break at the mall?
Who will join you? Eating high-risk foods with someone else lessens the likelihood of shame, doubt, or self-criticism, and marks the experience as intentional and enjoyable.

2. Eat it slowly and savour every bite. Pay attention to taste, aroma, and texture. You'll max the pleasure and cut your risk of overeating: Mindful eating gives the body more time to signal to the brain that it's full, so you'll be less inclined to go back for more.

FOLLOW UP Choose a favourite "habit" food with sugar and plan how you'll include it in your eating plan using the steps above.

think again

Shifting from all-or-none, it's-the-enemy thinking can help you make sugar a well-managed, and enjoyable part of your life.

UNHELPFUL THOUGHT

"I have to avoid sugar completely—I'm addicted to it."



HELPFUL THOUGHT

"I'm not really addicted to sugar. If I were, I'd have to cut it out entirely, including fruits and vegetables. I just have a habit of eating it, which I can learn to manage."

UNHELPFUL THOUGHT

"All sugar is bad for me."



HELPFUL THOUGHT

"All sugar isn't bad for me; in fact, some is essential for my body's energy requirements. I just need to find a balance with my overall eating by managing how much added sugar I eat."



Think of a recent time you felt you couldn't handle sugar on your journey. What was an unhelpful thought you had about it? Write it down. Give it a reality check, then write your helpful thought.

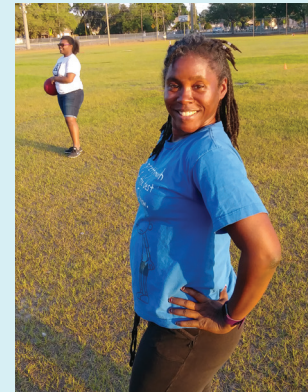
UNHELPFUL THOUGHT



HELPFUL THOUGHT

inspiration

from a member



NAME
Kristina
JOINED
2017
MY FAVE SWEETS
"Cookies, cakes,
and pie—I
eat it all!"

Being sugar-wise: As someone with type 1 diabetes, I've always been aware of what foods have sugar. But when I started tracking on WW, I became even more conscious of what I ate. I started making more careful choices.

Swapping sweets: I love pears, peaches, watermelons, and strawberries. I call them "dessert" fruit. I've also switched to sugar-free versions of jellies, syrup, pudding, and candies.

Finding a sweet balance: Zero Points foods add so much flexibility to meal planning, and they let me enjoy sweets like store-bought cookies, cake, or pie within my Budget.

Deciding what's worth it: At times, I've tracked the SmartPoints for a sweet, started eating it, and then realized I didn't like it. So I'll stop and adjust my SmartPoints in "My Day." For instance, at dinner with a friend recently, I ordered a brownie sundae that looked amazing—but then I tried two bites and it was awful. I counted 1 SmartPoints value for each bite I took and sent the rest back!

Enjoying the perks: Curbing my sugar intake helped improve my A1c (a marker used to determine average blood sugar levels). And I've shared my experience with other members with diabetes—and even some people without diabetes who just needed help figuring out how to satisfy a sweet tooth with less added sugar. It has been a wonderful part of this journey!



How are you #SugarSavvy? Share on Connect on the mobile app (for subscribers).



→
Top this off with 30 ml
(2 Tbsp) low-fat whipped
topping for an additional
1 SmartPoints. (optional).

plum crostata

7 SmartPoints® value per serving // PREP 20 min // BAKE 45 min // SERVES 8

**4 large plums, halved,
pitted, and cut
into thin wedges**

**75 ml (⅓ cup) plus
15 ml (1 Tbsp) sugar,
divided**

**22 ml (1½ Tbsp) all-
purpose flour**

**1 ml (¼ tsp) ground
cinnamon or 0.5 ml
(⅓ tsp) ground nutmeg**

**1 refrigerated piecrust
(399 g [14.1 oz]),
softened according
to package directions**

PREHEAT oven to 200°C (400°F). Line large baking sheet with heavy foil or parchment paper; lightly spray with nonstick spray.

TO make filling, toss together plums, 75 ml (⅓ cup) of sugar, the flour, and cinnamon or nutmeg in medium bowl.

ON lightly floured work surface with floured rolling pin, roll piecrust into 32.5-cm (13-inch). Fold piecrust in quarters; transfer to prepared baking sheet and gently unfold, being careful not to stretch dough.

PILE plum mixture on piecrust, leaving 3.75 - 5-cm (1½- to 2-inch) border. Scatter any sugar mixture remaining in bowl over plums. Fold edge of piecrust over filling, pleating it as you go. Sprinkle remaining sugar over plums. Bake until filling is bubbly and crust is golden, about 45 minutes. Let cool on baking sheet on wire rack.
YIELDS ⅓ crostata per serving.

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thoughts on my meeting...

Great stuff I heard.... helpful tips... what I'll work on!

Member support

to help you reach your goals

24/7 Expert Chat
Access to a live coach anytime. Log into your account on weightwatchers.ca and initiate a chat with us!

Agents are waiting to take your call and help you any way that they can.
1-800-651-6000
Monday - Thursday 7AM - 8PM EST
Friday 7AM - 6PM EST
Saturday 7AM - 3PM EST
Sunday 9AM - 5PM EST

Looking for program support, help with motivation or an opportunity to problem-solve on your weight loss journey? Ask your Meeting Room staff to refer you for a Care Call from a Customer Care Agent.

BE A PORTION PRO

Get SmartPoints for foods you're tracking with our WW Freestyle SmartPoints Kitchen Scale. Find over 400 foods in the database—or calculate SmartPoints based on a food's nutrition info. No smartphone or app required!

Available in participating meeting locations.



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