



Hidden Sugar Hunter

OBJECTIVE

Learn to **detect hidden sugar** in everyday foods, interpret labels and test **smart swaps** to reduce the consumption of added sugars, without losing food pleasure or quality.

YOUR MISSION

For **7 days**, investigate the sugar present in foods you eat frequently and try naturally less sweet alternatives.

Step 1 – Choose the food

Select **5 foods** from your daily life:

1. _____
2. _____
3. _____
4. _____
5. _____

Step 2 – Read the label carefully

For each food, it identifies:

Food	Total sugars (g/100 g)	Added sugars	Type of sweetener
		☐ yes ☐ no	
		☐ yes ☐ no	
		☐ yes ☐ no	
		☐ yes ☐ no	
		☐ yes ☐ no	

(Watch out for names like sucrose, glucose, fructose, syrup, honey, fruit concentrate, or artificial sweeteners.)



Step 3 - Surprise yourself

Answers:

- What was the food with the most sugar?

- Did any result surprise you? Why?

Step 4 – Two Smart Exchanges

Choose **two substitutions** for naturally less sweet options:

1. _____

2. _____

(e.g., flavoured yogurt → natural yogurt + fruit; sugary cereals → oat flakes; sugary drink → water or infusion)

Step 5 – Observe for 7 days

After **a week**, evaluate:

- How did you feel in terms of energy?

- Have you noticed differences in satiety, mood or taste?

FINAL REFLECTION

What has changed in the way you look at **sugar in food** after this challenge?



FOODWISELAB TIP

Reducing sugar helps the palate **relearn natural flavours**. Small trade-offs, when repeated, make a big difference over time.