True Body Freedom
WELLNESS

10 SIMPLE WAYS TO CUT BACK ON *Sugar*

MAAN ROBINSON

Hello!

This quick guide gives you 10 simple, doable ways to cut back on added sugar - no extreme diets, no willpower marathons. Just small, realistic shifts that add up to real changes in your enegery, your cravings, and how you feel in your body.

Americans consume between 100-125 pounds of sugar each year. That's roughly a quarter of a pound every day. Added sugars contribute zero nutrients but several added calories that can lead to extra pounds. It's no wonder that diseases such as obesity and diabetes run rampant.

Cutting back on sweets can help protect you from these serious health conditions and may help you lose weight. Even if you have a sweet tooth, implementing just a few of these tips will help you to eat healthier.

Not only this, but cutting back on sugar can improve your gut microbiome by restoring the balance of bacteria in your gut. This can lead to better digestion, a stronger immune system, and enhanced nutrient absorption.

The American Heart Association (AHA) released guidelines for healthy sugar intake. While the average American is now eating about 22 teaspoons of sugar a day, AHA suggests cutting back to less than 6 for women, 9 for men, and 3 for kids.

Sincerely,

Maan Robinson
Natural Nurse / Health Coach

Who Am I?

Hi, I'm Maan.

I'm a Natural Nurse, Health Coach, and the founder of True Body Freedom Wellness. After years of working in nursing and the pharmaceutical industry, I saw first-hand how often we're taught to manage symptoms instead of getting to the root cause – especially when it comes to energy, weight, and how we actually feel in our own bodies.

Today I help high-performing women in their 30s-50s untangle the sugar cravings, fatigue, and "success stress" that came from pushing hard and putting themselves last. My approach blends solid nursing know-how with natural, nature-based health: real food, mindful eating, gut health and small daily habits that actually stick - no extremes, no burnout.

This guide is a small taste of that work. I'm so glad you are here - welcome.

Maan Robinson
Natural Nurse / Health Coach
True Body Freedom Wellness

How to Reduce Your Sugar Intake

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01

Avoid soda.
Soft drinks are the worst offenders by far. A typical 12-ounce soda contains at least 8 teaspoons of added sugar, which alone is more than the daily recommendation for women and kids.

Not only does it have lots of sugar, it also robs calcium from your bone and can erode your tooth enamel (due to phosphoric acid!).

Do you want to know the other shocking ingredients in sodas? You will really think twice about having them for next time.

Other hidden ingredients:

- **Brominated vegetable oil (BVO):** This is a vegetable oil modified with bromine, the same chemical used in flame retardants. It acts as an emulsifier to keep citrus-flavoured sodas (like some Mountain Dew or Sun Drop) cloudy so the flavour oils don't separate. There is a potential of neurological and thyroid concerns for which the U.S. Food and Drug Administration (FDA) finalized a ban on BVO. This means that the manufacturers are phasing it out in the United States, and it has long been banned in the UK and EU.

- **Caramel Colour (4-MEI)** is a manufactured dark food dye produced by reacting sugars with ammonia and sulfites at high temperatures. Certain manufacturing processes create a byproduct called 4-methylimidazole (4-MEI), which has been identified as a possible carcinogen by California's Proposition 65.

- **Sodium benzoate** is a chemical preservative added to sodas to prevent mold and bacterial growth. Under certain conditions (like when combined with heat or vitamin C), it can form trace amounts of benzene, a known carcinogen!

- **Artificial sweeteners (Aspartame and Ace-K)**: They are zero-calorie sugar substitutes found in diet and zero-sugar sodas. These compounds have sparked ongoing debate regarding their effect on gut health, insulin release, and a recent Monash University study in Australia showed that they may elevate the risk of developing type 2 diabetes

WHAT TO DO? Drink more water. Add flavour to water with citrus or berries.

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Limit processed foods.
Candy, cakes and cookies account for a significant amount of our sugar intake, but so do some foods you might not suspect. Savoury foods like crisps, crackers and condiments have hidden sugar in them. Sugar is added to everything from whole wheat bread to peanut butter.

These overly processed foods have plenty of preservatives and other chemicals which increases your risk of developing chronic diseases like obesity, type 2 diabetes, heart disease, anxiety, and certain cancers.

Curious about the other alarming ingredients hiding in this product? You might just change your mind about reaching for it again.

Other hidden ingredients:

- **Emulsifiers (Polysorbate 80, Lecithin, Carrageenan)** are used to keep ingredients blended and give smooth textures. They are linked to changes in the gut microbiome and inflammation.
- **Flavour Enhancers (MSG, Disodium Inosinate)** mask bland, cheap ingredients to trigger dopamine and make you overeat. These are often hidden under names like Hydrolyzed Vegetable Protein.
- **Modified Starches & Vegetable Gums (Xanthan Gum, Guar Gum):** Used for bulk and thickness. They mimic the texture of whole, unprocessed foods but lack fibre.
- **Industrial Oils (Hydrogenated or Interesterified Oils)** These are found in margarines and packaged baked goods. They are linked to elevated cholesterol and cardiovascular disease.
- **Artificial Sweeteners (Aspartame, Sucralose, Ace-K)**: See the first hack!
- **Preservatives (Sodium Nitrite, BHA, BHT):** Used to prevent food from spoiling or changing colour. Some, like nitrites in processed meats, carry well-documented cancer risks.

WHAT TO DO? Prepare / cook / eat real food and read the ingredients if you have to buy food from supermarkets.

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Read labels.
Be mindful if the first ingredients listed are sweeteners like sugar or high-fructose corn syrup. The ingredients are listed in highest to lowest quantity order. Check the total grams of sugar, but keep in mind that will include both added sugars and the less worrisome naturally occurring sugars.

Rules to remember:

- Choose processed foods with only 5 ingredients or less.
- Opt for organic over conventional food, sea salt before table salt and avoid unhealthy trans- fats
- Avoid foods with artificial flavors, colors, and sugars.

04

Make healthy substitutions.
You can eat delicious meals if you make smart substitutions.

For example, swap quinoa for rice in a stir-fry or use Greek yogurt instead of sour cream in a creamy sauce.

Other clever swaps include using cauliflower rice as a low-carb alternative to traditional rice or incorporating zucchini noodles (zoodles) instead of pasta for a lighter, more nutrient-dense meal.

Add a little vanilla extract and fruit to plain yogurt and skip the processed flavors!

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Prepare more foods from scratch. Using fresh ingredients gives you more control over hidden sugars. Make your own salad dressing with olive oil, vinegar (or lemon juice) and your favourite herbs and spices.

Cooking from scratch can be more cost effective than buying ready meals and convenience foods. It can also be a creative outlet where you can try out new techniques and cooking can be a stress reliever and enhance your mood

06

Proceed gradually.
It's easy to get conditioned to sugar. The food industry has made sure that their food is addictive so that you end up buying more of their products.

Wean yourself in baby steps. Put half as much sugar in your coffee or switch to a natural product like stevia that has no calories. Cut down on packaged and processed foods so that you also cut down on your sugar consumption.

It isn't about drastically changing everything all at once but a steady and consistent change towards your goal.

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07

Reduce portion sizes. Moderation is the key. You don't have to give up all your treats! Depriving yourself of desserts you find enjoyable can be counterproductive.

Instead of deprivation and risking a binge or guilt, work towards smaller portions - be mindful when you eat your food. Take your time to savour the flavour, textures and smells of the food.

You may have a sliver of cake or a few squares of a deluxe chocolate bar. If you slip, don't beat yourself up. Make your next choice, a better one!

08

Prioritise.
Figure out how you want to use your recommended teaspoons of sugar a day. The sugar you eliminate from your drinks or nut butter may help enable you to eat a small bowl of gelato or a a homemade cookie after dinner.

*Ensure you eat this sweet after dinner though so that you are not going to spike your blood sugar!

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09

Address emotional eating. Sometimes you might reach for sweets when you're feeling stressed because they help you feel better by boosting your serotonin levels. If emotional eating is an issue for you, seek constructive ways to relax and redirect, like meditating or listening to music.

Below are Key Distinctions of Real hunger vs Emotional Eating.

Feature	Real Hunger	Emotional Eating
Onset	Gradual: Builds slowly over time.	Sudden: Hits instantly and feels urgent.
Cravings	**General:** Flexible; satisfied by most nutritious or available foods.	**Specific:** Demands immediate satisfaction from specific comfort foods.
Physical Sensations	**Stomach:** Accompanied by physical symptoms like a growling stomach or lightheadedness.	Mind-based: Triggered by environmental cues, stress, or specific psychological moods.
Mindfulness	**Aware:** Conscious of eating and portion sizes.	Mindless: Often results in eating large portions without noticing until it is finished.
Aftermath	Satisfaction: Ends when physical fullness is reached, without guilt.	**Regret:** Often leaves you feeling sluggish, guilty, or uncomfortably full.

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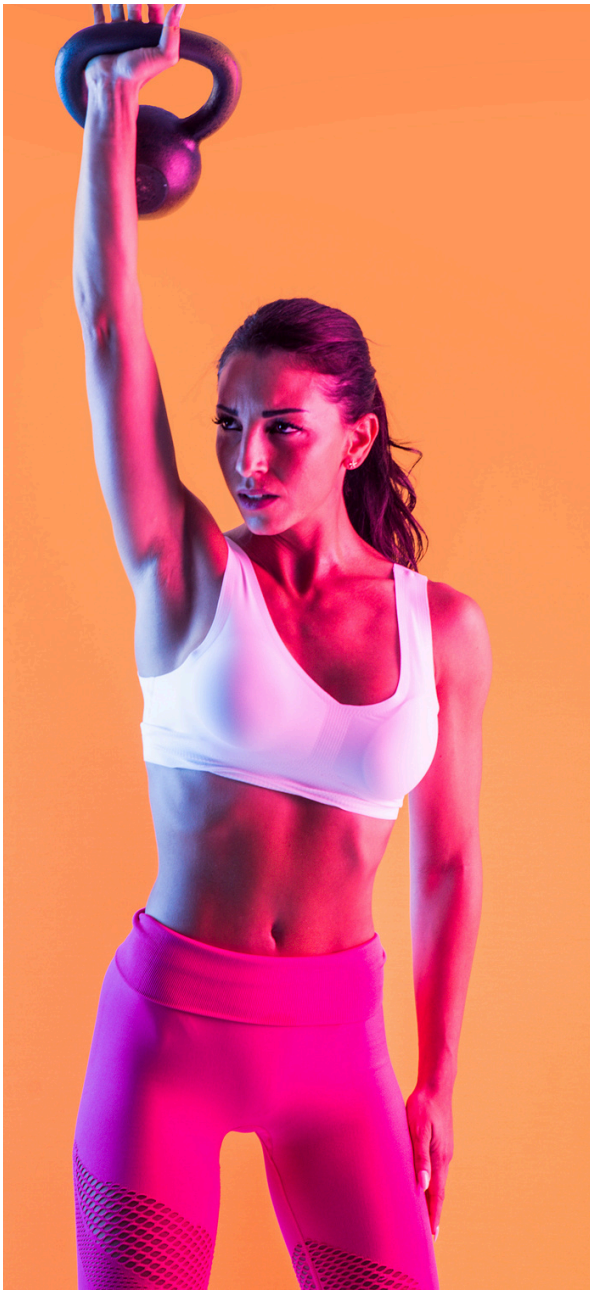
Exercise more.
On the other side of the equation, you can eat a bit more if you burn more calories. Aim for 30 minutes of moderate exercise on most days.

Just starting? Work in 10 minute mini walking sessions throughout your day or grab a friend to join you!

Exercise helps your muscles use glucose more effectively. When you move your body, your muscles absorb glucose from the bloodstream for energy — even without insulin. This means your blood sugar levels drop naturally, making exercise one of the most powerful tools for keeping them in check.

It also improves your body's sensitivity to insulin. Regular movement helps your cells respond better to insulin over time, meaning your body doesn't have to work as hard to manage blood sugar after meals. Even a short walk after eating can make a noticeable difference!

And the best part? It doesn't have to feel like exercise. The most effective workout is the one you actually enjoy and will keep coming back to. Whether that's dancing in your kitchen, a yoga class, swimming, cycling, or a brisk walk in nature — movement that brings you joy is movement that sticks. Find what lights you up and let that be your medicine.



READY FOR THE

Next Level?

Ready to take this further?

I'm Maan Robinson, Natural Nurse and Health Coach (ex-pharma) helping high performing women 30-50 reclaim energy, sugar balance and resilience - caused by success stress.

If this guide has sparked something in you, come and join me inside the True Body Freedom Skool community — where we deeper into natural health, mindful eating, gut health and reconnecting with nature. Simple, sustainable wellness strategies that actually work for your body - and your life.

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