August Monthly Mindful Challenge

MUSC Office of Health Promotion and Employee Wellness Program are offering a year of mindful wellness challenges to support healthy behaviors at work. Each month a health behavior will be featured and employees will be asked to engage in that activity throughout the month. Employees who choose to participate in the challenge will be eligible for prizes by completing this short survey and a brief one at the end of the month.

What is your first name? ______________________________________

What is your last name? ______________________________________

What is your email address? __________________________________

Please indicate which entity you work in:

- MUHA (hospital)
- MUSC (university)
- MUSC Physicians (UMA)
- Sodexo
- Crothall
- Other

What department do you work in? __________________________________

This month we're focusing on sugar. Why did you decide to participate? _________________________________________________

Here is a list of some of the possible code words for “sugar” which may appear on a label. Hint: the words “syrup”, “sweetener”, and anything ending in “ose” can usually be assumed to be “sugar”.

- Agave Nectar
- Barley Malt Syrup
- Beet Sugar
- Brown Rice Syrup
- Brown Sugar
- Cane Crystals (or, even better, “cane juice crystals”)
- Cane Sugar
- Coconut Sugar, or Coconut Palm Sugar
- Corn sweetener
- Corn syrup, or corn syrup solids
- Dehydrated Cane Juice
- Dextrin
- Dextrose
- Evaporated Cane Juice
- Fructose
- Fruit juice concentrate
- Glucose
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltodextrin
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Palm Sugar
- Raw sugar
- Rice Syrup
Saccharose
Sorghum or sorghum syrup
Sucrose
Syrup
Treacle
Turbinado Sugar
Xylose

Remember, your body doesn't care what the label says, it's all just "sugar"!

Do you drink sweetened beverages on a daily basis?  
☐ Yes  
☐ No  
☐ N/A

If so, how many (assume an 8 ounce serving)  
☐ 1-3  
☐ 3-5  
☐ More than 5

Do you watch your sugar/sweetener intake including sugar replacements such as aspartame, stevia, etc.?  
☐ Yes  
☐ No

How do you feel after you drink something sweet?  
__________________________________________

During the month, replace sweetened drinks with water. Get hydrated! See what you experience with the change.