

137: Kicking Your Sugar Habit

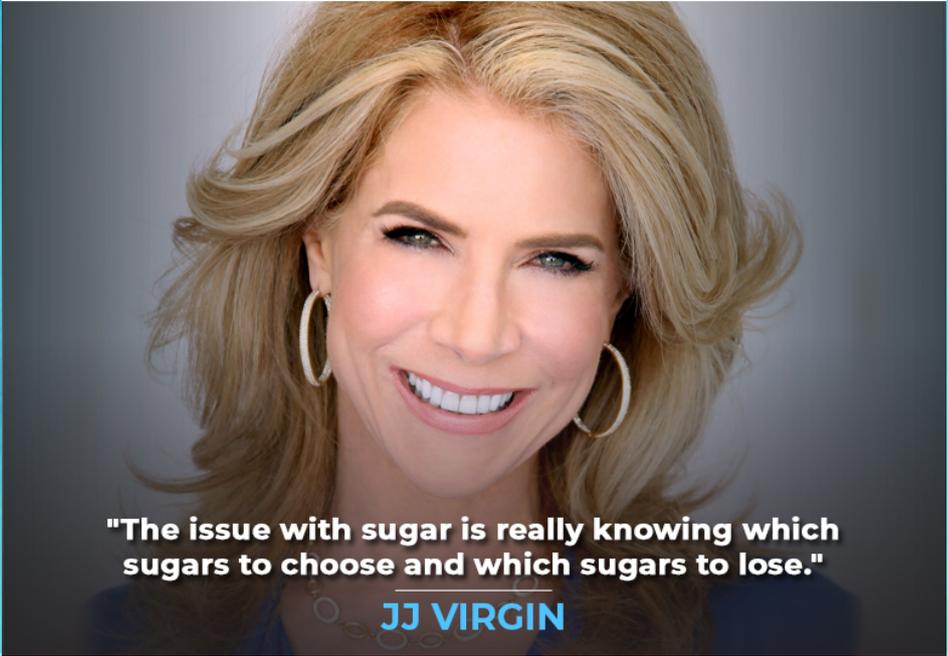
10 Point Checklist

JJ Virgin

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**

A portrait of JJ Virgin, a woman with blonde hair, smiling and wearing large hoop earrings.

"The issue with sugar is really knowing which sugars to choose and which sugars to lose."

JJ VIRGIN

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Cut my sugar intake as much as possible and avoid food that is high in processed sugar such as soda, fruit drinks, and candy.
- Be aware of the different types of sweeteners and understand what they can really do to my body. The more I know about them, the better my health choices will be.
- Get my blood sugar tested. It's good to know my blood sugar levels so that I can be proactive about my health.
- Give my kids all natural produce. A box of apple juice has too much sugar for a child to handle.
- Regularly drink green juice with some chia seeds to regulate my blood sugar levels.
- Use sugar alternatives such as stevia or monk fruit as sweeteners.
- Always check labels. Read the ingredients on the food I buy and see how much sugar is in them.
- Create a meal plan and limit my eating to only 3 times a day, snacks included.
- Be disciplined enough to form a habit of eating less sugar. Get rid of all the junk and learn how to stop myself from eating outside of my schedule.
- Grab a copy of JJ Virgin's books, [The Virgin Diet](#) and [The Sugar Impact Diet](#).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/kicking-sugar-habit-jj-virgin/>