**That Sugar Film Reflection**

1. Discuss your initial reaction to the film. Did you find the evidence and format in which the film was presented to be compelling and convincing?
2. What is your relationship to sugar? Do you know how much sugar do you consume on a daily basis? Do you consider yourself to be a healthy eater?
3. Did you find the information offered up in the film to be shocking, or were you aware of the role sugar plays in contemporary life? Discuss.
4. Why do you believe North Americans have such a disproportionately unbalanced relationship to sugar, as compared to the rest of the world? What is it about North American culture/life that feeds the unhealthy overconsumption of the sweet stuff?
5. Discuss the notion that “sugar is the new tobacco.” Do you believe sugar should be taxed, as cigarettes and other nicotine products are today? Are we headed towards a sugar-driven health crisis?
6. What was your relationship with sugar when you were a child? How much sugar were you allowed? How has this affected your relationship to sugar?
7. What experience do you have with mood swings, and to what do you attribute these emotional variations? In which ways do you think your diet affects your mood? Do you ever use sugar as a pick-me up? If not, in what ways do you increase your energy levels?
8. Is the average individual aware of the amount of sugar in everyday food items? For example, did you know that some fruit smoothies contain as much sugar as Coca-Cola? Why is there such a gap between education/knowledge and the general public when it comes to what we put in our bodies?
9. Would you be interested in attempting a 30-day sugar-free diet? How do you think you would fare? Do you consider yourself a sugar addict?
10. What can you do - on a simple everyday level - to make an impact on the amount of sugar in the average diet?

