



Cut the Sweets Sugar Challenge

Welcome to the Four Weeks to Cut the Sweets Sugar Challenge! We challenge you to kick sugar to the curb for a month to see how you feel. During the next four weeks you'll learn to spot and reduce added sugars in your diet.

Your Goal: Cut down your added sugar consumption as much as possible.

Week 1: Don't Drink Your Sugar

Week 2: Read Nutrition Labels

Week 3: Eat Only Natural Sugar

Week 4: Say Goodbye to Sugar Cravings