

No Sugar In September Challenge



Americans are addicted to sugar. There is sugar added to many of the foods we eat today and it has us all addicted. This September challenge is intended to help us all become more conscientious about our sugar intake and to **READ FOOD LABELS**. Get smart about which foods contain sugar and make better choices.

At the start of this challenge measure your chest, waist, and hips. At the end of this 30-Day challenge take your measurements again and document how many inches you lost while participating on this challenge. We don't expect you to be perfect on this challenge - we simply ask that you TRY!

GOOD LUCK TO ALL THE CHALLENGERS!

YES

Fruit
Vegetables
Nut milk (w/out added sugar)
Natural occurring sugar
Stevia
Truvia
Applesauce (no added sugar)

NO

Cake
Cupcakes
Candy
Bread
Sucralose
Artificial sweeteners
Donuts
White potatoes
White rice
White bread
Honey
Agave
Maple Syrup
High Fructose Corn Syrup
Corn Syrup
Evaporated cane sugar
Soft drinks
White or brown sugar

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