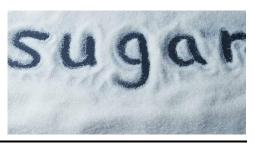
No Sugar In September 50 Challenge



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 concientious 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** Cake Cupcakes Vegetables Nut milk (w/out added sugar) Candy Natural occurring sugar Bread Sucralose Stevia Truvia Artificial sweeteners Applesauce (no added sugar) 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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