21 DAY SUGAR SAVVY CHALLENGE
MAR 1 – MAR 21

Commit to one specific action for 21 days to work on new habits. Choose from drinking less sweetened beverages, eating savory breakfast or snacks, replacing sugar cravings with healthy alternative, or tracking your added sugar intake. Take this challenge to help you kick the sugar habit, feel better, and be eligible for prizes, too!

During the challenge, you will receive:

• Daily email

• Educational tools to find added sugar in your diet

• Resources with strategies to help you kick the sugar habit

Enroll: tinyurl.com/sugarchallenge

Grand Prize: Cuisinart Food Processor

Did you know?

Most individuals are consuming 20 or more teaspoons of added sugar a day, more than double the recommended maximum of 6 tsp (100 calories) for women and 9 tsp (150 calories) for men.