



SUGAR SHAKE-UP CHALLENGE

Welcome to the Sugar Shake-Up Challenge!

Thanks for joining! This six-week challenge will help you learn more about the sugar that can be hidden in common foods and drinks. Even if you've already reduced the sugar you eat and drink, we hope you'll discover more better-for-you foods and drinks to try.

Sugar is not a bad food, but sometimes you can have too much of a sweet thing. Studies have shown that added sugars can contribute to weight, blood pressure and cholesterol issues. Tracking and knowing more about where sugar is found will help you feel good and make better-for-you choices.

Your challenge over the next six weeks is to:

- Track the foods and beverages you eat and drink that are sweet
- Learn about the different types of sugars
- Learn about better-for-you foods and beverages
- Track common sugary foods and beverages you eat/drink
- Eat and drink less sugary foods and beverages
- End with an optional challenge to go 7 days without any added sugars

Try something new!



Fruit sauce with no-added sugar:

- Wash and chop a ripe apple or pear into 1-inch pieces.
- Mash the pieces with a potato masher or fork until softened, but chunky.
- Sprinkle with cinnamon and serve.

