



Sugar Challenge Final Day

First things first -- **CONGRATULATIONS!** You have made it to day 30, which marks your re-entry into a lifestyle that is meant to have a sweet treat every now and then.

Over the past month, hopefully you have:

- Become proficient at reading labels
- Reduced cravings
- Found new foods you enjoy
- Become more aware of your body's responses to foods
- Built sustainable habits

The task now is to create a pattern of eating where you're consuming no more than 10tsp (40g) of added sweetener a day (apart from the occasional treat) while avoiding all synthetic varieties.

By continuing to read labels for added sugar and monitoring what you add yourself, you can stay within the recommended amounts and your body will be able to function the way it's supposed to. Remember, a pattern of eating out or consuming foods prepared outside of the home where you don't have access to a label will likely direct you off track.

When you're in control of your food, you're in control of your body.

Hopefully this past month has been eye opening for you and helped you to seek out foods and food products that don't need any added sweetener. By now you should be able to identify and AVOID all the synthetic sweeteners and other synthetic ingredients that cause inflammation. You may find that re-introducing synthetic sweeteners and synthetic ingredients gives you a stomachache. Listen to your body's response and avoid those ingredients.

Your body functions best when it gets REAL FOOD. Strive to eat mostly whole foods and don't fret over an occasional sweet treat.

By eating real food such as whole grains, meats, fruits, veggies and quality snacks -- you can create a solid foundation of health. Keep it simple.

Please share on our [SPH Challenge Facebook page](#) how this challenge has impacted you. Thank you for being a part of our challenge community this year!