

30-DAY SUGAR CHALLENGE

RULES AND GUIDELINES

Are you ready for a 30-day challenge to help reset your body and kick off your new year with a fresh, healthy start? The Sugar Challenge can do just that. This challenge offers a chance to reset your body and how you approach the foods you eat.

This challenge is great for everyone to try! Whether it's your first time participating or your 4th, this challenge will meet you at your own level and offers multiple benefits like: more energy, reduced brain fog, improved sleep and improved blood sugar.

BASIC RULES

For 21 days, we challenge you to remove all forms of added sugar from your diet. Added sugars are defined by the FDA as, "sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. They do not include naturally occurring sugars that are found in milk, fruits and vegetables."

This means that during the first 21 days of the challenge, you will avoid foods with added sugar and artificial sweeteners.

SUGAR INGREDIENTS TO AVOID

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| • Table sugar | • Molasses | • Acesulfame potassium (Acesulfame K) | Sugar Alcohols |
| • Sucralose | • Maple syrup | • Agave | • Lactitol |
| • Dextrose | • Corn syrup | • Coconut sugar | • Erythritol |
| • Sucrose | • High fructose corn syrup | • Aspartame | • Malitol |
| • Stevia | • Malt syrup | | • Xylitol |
| • Monk fruit extract | • Maltodextrin | | • Sorbitol |
| • Honey | • Turbinado sugar | | • Mannitol |

Read your labels! If the nutrition facts list any form of added sugar, then it's a no-go. However, it's important to read the ingredient list. There are some artificial sweeteners that are not included as "added sugar" on the label, but are included in the food item. Condiments, salad dressings, BBQ sauce, flavored yogurts and coffee creamers are common culprits for added sugar.

REINTRODUCE

The final 9 days of the challenge start by adding natural sugars like honey or maple syrup in small quantities after you have eaten a high-fiber meal. The goal is to stay under the recommended 10 teaspoons of daily sugars. For more information on the last week of reintroduction of sugar, check the website below.

WHAT CAN I EAT?

Fruits and vegetables (fresh and frozen), plain dairy products, cheese, proteins, healthy fats and complex carbohydrates (whole grains, beans, quinoa, brown rice, sweet potatoes, etc.) and unsweetened beverages.

WHEN TO BEGIN

Our community-wide challenge will begin on January 5 but you can start any time! Register in advance to get helpful information on how to prep for the challenge and to get weekly email updates. Invite your friends, family and coworkers to join for extra accountability!

For tips and resources visit sphealth.org/sugarchallenge