

March 2026

No Added Sugar Challenge

Do you know the difference between total sugars and added sugars on a nutritional label?

- **Total sugars** include sugars that are naturally present in foods.
- **Added sugars** include sugars that are added during the processing of foods, foods packaged as sweeteners, sugars used from syrups and honey, and sugars from concentrated fruit or vegetable juice.

Diets high in calories from added sugars can make it difficult to meet daily recommended levels of important nutrients while staying within a calorie limit. Added sugars can also impact health by potentially increasing blood pressure, inflammation in the body, weight gain, diabetes and more.

By reading nutrition food labels, you can see how much total sugar and added sugar a food contains. Try to avoid or cut back on foods and beverages high in added sugar.

This month check off each day that you read a food label and make a choice to mindfully cut back on foods/ beverages that contain added sugar or choose to not consume foods/ beverages with added sugars.

Name _____ Department _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **April 10th**

