



February 2021 28 Day Slash-the-Sugar Challenge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Swap sugar for spices and extracts	2 Replace sugar sweetened beverages with water	3 Be smart with condiments (measure portions, use low sugar versions)	4 Have two servings of fruit instead of a sugary snack	5 Try a savory breakfast, something with no added sugar	6 Eat before you feel starving (so you don't overeat!)
7 PLAN AHEAD – make a breakfast meal plan for the week	8 Choose plain yogurt	9 Take a walk	10 Be smart with bread – review labels	11 Snack Smarter – swaps sweets for veggies and dip	12 Make your own salad dressing	13 Swap sugary coffee drinks for regular coffee or tea
14 PLAN AHEAD – make a lunch meal plan for the week	15 Replace sugar sweetened beverages with water	16 Swap your dessert for fruit and yogurt	17 Check your peanut butter label – opt for one with no added sugar	18 Check for sugar in canned foods – buy fruit in 100% juice, not syrup	19 Be careful with so-called “healthy” processed foods (like granola bars)	20 Eat more protein to feel fuller longer; Research plant-based protein
21 PLAN AHEAD – make a supper meal plan for the week	22 Don't shop when you're hungry	23 Get enough sleep (7-8 hours) each night	24 Eat full-fat foods such as avocado to feel satisfied and stay full	25 Choose Greek yogurt and add honey for flavor	26 Take a walk	27 Come up with a healthy swap for when you have sugar cravings
28 PLAN AHEAD – make a snack plan for the week	According to the American Heart Association, Americans consume on average 77 grams of sugar per day (more than 3 times the recommended amount for women). This is the equivalent of 10 bowling balls in a year! Processed or added sugar can wreak havoc on our bodies and lead to an unhealthy weight, chronic disease and more. This month, focus on cutting out processed and “added” sugars. Naturally occurring sugar from fruit is healthy for the body. <u>Give yourself 1 point each day you participate.</u>					

