

November No Added Sugar Challenge

Added sugars can increase blood pressure, inflammation, cause weight gain, diabetes and more. Read the Nutrition Facts on food labels to see if there are added sugars and try to avoid or cut back on these foods.

Add a check to each day in November that you go without added sugars, OR mindfully cut back on added sugars.

What are Added Sugars and How are they Different from Total Sugars?

Total Sugars on the Nutrition Facts label includes sugars naturally present in many nutritious foods and beverages, such as sugar in milk and fruit as well as any added sugars that may be present in the product.

Added Sugars on the Nutrition Facts label include sugars that are added during the processing of foods (such as corn syrup, sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Diets high in calories from added sugars can make it difficult to meet daily recommended levels of important nutrients while staying within calorie limits.

Sunday	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday
		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			

Name: _____

Department: _____

Turn in completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by December 10th.