



CHALLENGE

Most Americans get more than **22 teaspoons** - or 355 calories - of added sugar a day. The idea here is to help break the sugar “addiction” that prevents us from reaching lifestyle and weight loss goals. While you are not going to stop eating desserts or added sugar permanently, the purpose of this challenge is to increase your awareness of how much sugar is present in your routine and how it makes you feel.

The 10 Commitments

1. No desserts of any kind.
2. No added sugar drinks.
3. No sugar substitutes, such as Splenda, Stevia, Equal (they do not have calories but they do cause the same food cravings that sugar does)
4. No refined carbs (white bread, white potatoes, white pasta, white rice, etc.)
5. Read the label of every package; the food must pass the **Altman Rule** or have **2g sugar** or less per serving.
6. No sweet condiments (ketchup, salad dressing, etc.)
7. No alcohol.
8. Avoid restaurant food; limit yourself to 1 time eating out this week.
9. If it occurs in nature, it is okay (enjoy any fruits, vegetables, sweet potatoes, brown rice, etc.)
10. Dairy contains some natural sugar. Low fat milk is fine. Unsweetened and low-fat yogurt with less than 10g sugar per serving is fine.