

April 2024 Challenge:

Be Sugar Smart!

Be healthier without the extra sweets!



Name:

Building:

Challenge is due Friday, May 10th.

The American Heart Association (AHA) suggests an added-sugar limit of no more than **100 calories per day** (about 6 teaspoons or 24 grams of sugar) for most women and no more than **150 calories per day** (about 9 teaspoons or 36 grams of sugar) for most men. There's no nutritional need or benefit that comes from eating added sugar. However, consumption of added sugars has been linked to many chronic illnesses such as obesity, cardiovascular disease, diabetes, fatty liver disease, cognitive decline and even some cancers. Additional effects include, high blood pressure and inflammation.

Reading labels can be tricky due to the growing use of alternative sweeteners and multiple sources of sugar with different names. By law, The Nutrition Facts Label must list the grams of sugar in each product. Some foods naturally contain sugar, while others get theirs from added sweeteners. There are also free apps available which are helpful in determining how much added sugar you are actually consuming each day.

Goal:

- Track your daily food/beverage intake. You are responsible for keeping your own food log on paper or using an app of your choice. Only your total is required on the calendar for your submission.
- Record your added sugar intake for the day on the attached calendar.

Women, succeed in remaining **under 24 grams of added sugar per day a total of 20 days in April to earn an entry in the monthly drawing.** Succeed in remaining **under 24 grams of added sugar a total 21 days consecutively** to earn 2 entries in the monthly drawing. The best way to ensure success with new habits is to be consistent.

Men, succeed in remaining **under 36 grams of added sugar per day a total of 20 days in April to earn an entry in the monthly drawing.** Succeed in remaining **under 36 grams of added sugar a total of 21 days consecutively** and earn 2 entries in the monthly drawing. The best way to ensure success with new habits is to be consistent.

Twenty-one days to break a bad habit is a myth according to recent studies, but it is a nice start. You can do it!

April 2023 - ADDED SUGAR LOG

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						<i>1</i>
<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>
<i>30</i>						