

Sugar Free September Challenge

Try to DECREASE your ADDED SUGAR intake on a daily basis for the month! Log your results

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 YOU GOT THIS! _____ total grams	2 _____ total grams	3 _____ total grams	4 _____ total grams	5 _____ total grams
6 _____ total grams	7 _____ total grams	8 _____ total grams	9 One week in! How do you feel!? _____ total grams	10 _____ total grams	11 _____ total grams	12 Watch out for sugars in dressings! _____ total grams
3 _____ total grams	14 _____ total grams	15 Use less creamer/sugar in your coffee! _____ total grams	16 _____ total grams	17 HALFWAY! _____ total grams	18 _____ total grams	19 _____ total grams
20 _____ total grams	21 Eat fruit for dessert! _____ total grams	22 _____ total grams	23 _____ total grams	24 _____ total grams	25 _____ total grams	26 Eat unsweetened cereal! _____ total grams
27 Drink water or milk at meals! _____ total grams	28 _____ total grams	29 _____ total grams	30 YOU MADE IT! _____ total grams			

Recommended Daily Intake of Added Sugar

	Infants	Toddlers	Children	Adolescents	Adult Women	Adult Men
	n/a	 ≤ 25 grams			 ≤ 50 grams	
	avoid		 ≤ 25 grams	 ≤ 20 grams		 ≤ 36 grams
	≤ 10% daily calorie intake					

FDA = Food & Drug Administration³

 = American Heart Association^{5,6}

 = World Health Organization⁷

 = 1 teaspoon sugar or 4 grams