

30-Day Less Sugar Challenge



A little sweet here and there can be a real treat! But sugary drinks, snacks, and desserts tend to be low in nutrients and high in calories. All of that can really add up. So let's satisfy that sweet tooth with better-for-you options that fuel your body—the natural way.

When you're ready to start your challenge, your mission is simple: Aim to **choose a lower-sugar option** each day for 30 days in a row. You could swap out a sugary treat for a low-sugar alternative, or you might just choose no-sugar-added foods and drinks throughout the day. It's okay if you miss a day here and there, just do your best to try out this new habit. Get ready for a sweet experiment!



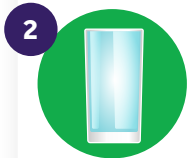
Check off all the days when you chose a lower-sugar food or drink option.

Click the squares on the left side of each day, or print this out and fill them in by hand.



1

Let's kick things off right! Here's a delicious list of **sweet snacks with no added sugar**. Try one of these today, and stock up for the next 30 days.



2

So you know you should eat less processed sugar. But do you know why? Here's **how curbing sugar helps your body**. Let this info motivate you as you make a lower-sugar choice today.



3

Sometimes we reach for sugary snacks even when we're not hungry. We often turn to treats when we're bored, angry, lonely, tired, or even super happy. Here's a helpful guide to help you **gauge your hunger** so you can make mindful decisions about when to eat and why.



4

Healthy eating plans include a treat from time to time! The key is to savor your desserts and treats so you can enjoy more pleasure with less food. Learn how to **have your cake and lose weight, too**.



5

How do you know which kinds of meals should be occasional treats? This guide can help clear up the differences between **"always," "sometimes," and "occasionally"** go-to foods.



6

How do you know what foods have added sugar? Use **this guide** to help you be a sugar detective.

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7



Get a luscious **hot chocolate fix**. This recipe has less sugar, but just as much flavor as your favorite.

8



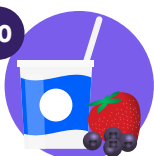
Did you know there can be as much sugar in one large energy drink as there is in seven donuts? Here are some tips to **find how much sugar is in your drinks**.

9



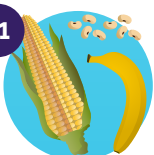
Yesterday, you learned how to spot which drinks have more sugar. Today, find **sweet alternatives to sugary drinks**.

10



Whether you're craving something salty or something sweet, satisfy your snack attack with one of these **tasty snack options**.

11



You may know that sugar is a carb. But you may not know that there are healthier carbs that give your body better fuel! Here's a rundown to help you **understand carbohydrates**.

12



Mindful eating is the practice of eating with intention. Tune into the present moment and try our **mindful eating activity** with your next low-sugar snack or meal today.

13



Artificial sweeteners can be a great alternative to refined sugar. Try one in your coffee, in your baking, or for any other use you'd have for regular sugar.

14



Pancakes with syrup. Iced cinnamon rolls. Glazed donuts. Sugary cereal. It's easy to get a huge amount of sugar before your day even gets started! Here are some **more nutritious breakfast ideas** to start your day off right and give you lasting energy.

15



When you have a hankering for a sugary treat, make a conscious choice. You could eat it, or you could not. The key is to stay in the driver's seat instead of letting your craving decide for you. Here's a helpful practice to **surf the urge** of a craving.

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16

Great job! You're halfway through the challenge. What's working so far? **Jot down** the tactics above that have worked best for you to reduce your sugar. Keep that list handy to help remind you how to stay on track for the rest of the challenge.



17

Highly **processed foods** tend to be the ones higher in sugar. But whole foods give you the kind of nutrients our bodies can actually use. Here's a guide to **spot the difference**.



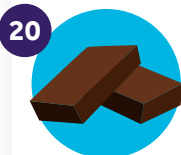
18

Have you ever eaten more than you meant to? You're not alone. Here's how you can **manage triggers to avoid overeating**, especially when it comes to sugary foods and treats.



19

You can save serious calories by **choosing better-for-you beverages**. Give one of these refreshing drinks a try as your low-sugar option today!



20

Craving chocolate as your sweet treat? You're in good company. Check out why **dark chocolate** is your best chocolate option.



21

For folks with diabetes, sugar can be a real wild card. Here are some helpful tips for how people living with diabetes can **manage high blood sugar** when it comes up.



22

Even for folks who don't have diabetes, limiting your sugar intake is a great way to help prevent diabetes. Read our article **The Lowdown on Prediabetes** to learn more.



23

Mix things up with a sweet and spicy combo. Try sprinkling some **chili pepper** or Mexican chili lime seasoning on your favorite fresh fruit. Pineapple chunks, melon cubes, apple slices, and fresh mango all taste great with a little heat!



24

Is your favorite snack a sugary processed treat in disguise? Find out with this quick overview of some **sneaky processed foods**.

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25



Do you find you eat more processed foods than you'd like? Here are some mouthwatering, **less-processed versions** of some classic processed treats.

26



The perfect after-dinner drink is something that is sweet and healthy, and gets you ready for bed. Enjoy these **two warm beverage recipes** for better sleep.

27



Chocolate lovers: There is hope! Here are **four luscious chocolate desserts** to satisfy your craving—with less sugar than store-bought versions!

28



A beer, a glass of wine, or a cocktail can be really enjoyable. Just keep in mind that some types of **alcohol or mixers often come packed with sugar**. As you try to limit sugar, **use this article** to find lower-sugar options.

29



You're almost done with the challenge! Finish strong by **picking your favorite low-sugar option** that you tried during this challenge. Enjoy it!

30



Congratulations, you've completed the challenge! **Write down** all the different tactics above that worked for you. Keep practicing those tactics so you can sidestep the sugar while you enjoy delicious, healthier food and drink options.



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