

EAT WELL, AGE WELL.

Monthly Tracking Calendar- Food Labels and Cutting Sugar

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: LOOK AT THE “TOTAL SUGARS” ON FOOD LABELS WHEN GRCOERY SHOPPING TO SEE HOW MANY ADDED AND NATURAL SUGARS ARE IN FOOD PRODUCTS.

WEEK 2: COMPARE SERVING SIZE TO SERVINGS PER CONTAINER, IF USING ENTIRE CONTAINER OR BOX.

WEEK 3: ADD A FRESH FRUIT TO EACH MEAL THIS WEEK.

WEEK 4: SUBSTITUTE SODA FOR A FLAVORED WATER OR SOMETHING ELSE LOW IN SUGARS. (20 GRAMS OR LESS)

Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!