

# September

2022

AdventistVegetarianDiabetics.com

## 30-day No Sugar Challenge

- No processed sugars (white sugar, brown sugar, powdered sugar, raw sugar, coconut sugar)
- No “natural” sugars (honey, maple syrup, dates). NO agave nectar.
- Replace fruit juice with whole fruit.
- Replace high-sugar fruits (grapes, bananas, pineapple, mango, etc.) with low-sugar fruits (most berries).
- Reduce the serving size of fruits. (Example: the ADA-compliant serving amount for fruit is 1/2 cup. Reduce it to 1/4 cup.)

<https://adventistvegetariandiabetics.com/other-resources/challenges/september/30-day-sugar-free-challenge/>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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