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Did you know that one in every five calories consumed by Canadians comes from sugar?

These sugars could be naturally occurring (fruits, vegetables, dairy) or they could be added sugars. While our bodies process the sugar in the same way, foods with added sugar tend to have lower nutrient densities and provide little nutritional value.

EWSNetwork is challenging you to give up **ALL ADDED SUGARS** for a period of two weeks! This means no refined sugar, natural sweeteners or artificial sweeteners. Naturally occurring sugars in fruits, vegetables and other whole foods are acceptable.

For every day that you complete without consuming ANY added sugar, you will earn a ballot. The (**person/team**) who earns the most ballots by the end of the two-week period will be declared our winner!

**No Sugar Challenge**

**Frequently Asked Questions (FAQ):**

Q: With so much added sugar in food products, isn’t it impossible to avoid?

A: Challenging but not impossible! Participants will receive a guideline that will list all the commonly used words that manufacturers use to hide sugar in prepared foods. A really easy way to avoid added sugars is to avoid pre-packaged and processed foods. If you make it yourself, you’ll know for sure whether there is or isn’t sugar in it!

Q: The label on my bread says it has 6 grams of sugar but the ingredients don’t mention any kind of sugar. Which do I follow?

A: Read your ingredient list to look for added sugars. Most foods do contain some naturally occurring sugars and these are ok – we are focusing on the added sugars so read the ingredient list rather than the food label.

Q: What if I slip?

A: Dust yourself off and get back on the horse! Just because you might miss one day, doesn’t mean that you have to give up. Ballots are earned per day so if you miss one day, just try again tomorrow!

Q: Will I experience withdrawal symptoms?

A: Sugar is very addictive and you may experience some withdrawal symptoms such as headaches, weakness and irritability. These symptoms generally dissipate within 2-4 days.

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*Source:* [*www.webmd.com*](http://www.webmd.com)*, healthland.time.com*

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Sources: [www.statcan.gc.ca](http://www.statcan.gc.ca), [www.skinnyms.com](http://www.skinnyms.com)