

Sensible Sugar Program

JOIN NOW



STARTS OCTOBER 1

WHY JOIN ???

In 21 days, you will learn how to control your added sugar intake, so that you can enjoy the sweet stuff without the guilt. Throughout the duration of this program, you will learn:

- ✓ What is considered an appropriate amount of added sugar intake
- ✓ How our bodies handle sugar
- ✓ How to identify added sugars in foods
- ✓ How to accurately track added sugar intake
- ✓ The Pros and Cons of added sugars vs. artificial sweeteners
- ✓ And more!

If you have existing medical conditions and you're unsure if this program is for you, please consult your medical provider before starting.



WHAT TO EXPECT



Educational Material

Evidence-based educational material will be delivered once a week per email to those that choose to participate.



Tracking

Support and guidance on tracking your added sugar intake throughout the 21 days.



Support

Ask questions directly to a Registered Dietitian via an anonymous link and receive ongoing support.

ccsoh.us/wellness



**HEALTHY BODIES
ACTIVE MINDS**
COLUMBUS CITY SCHOOLS

