

# SUGAR SMART

September

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Use this chart to log progress in SUGAR SMART September amongst colleagues, friends or family.

Tick next to dates when you have successfully avoided added sugar.

### Options:

- 1) **No Spoons Option**  
Completely cut out added sugar from your diet for the whole of September
- 2) **Healthy Balance Option**  
Avoid added sugar during weekdays, with moderate treats only during weekends
- 3) **Super Seven Option**  
Eat less than the maximum recommended 7 teaspoons of added sugar per day. This is a good option to get started on for long term Sugar Smart eating
- 4) **Easing In Option**  
Cut out added sugar during working hours – particularly suited to those who are tempted daily by office treats!
- 5) **Set your own Challenge**

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### Good Luck!

Let us know how you get on via social media

@sugarsmartuk

#SugarSmartSeptember