**Bad Sweets**

**Remember to check out labels! Something to keep in mind is if it says “fat free,” that usually means there is added sugar! Crazy to think right?!?**

**We have decided to allow “limit days”. These are days where these sugars are almost inevitable and we choose to consume a limited amount of those sweets.**

**Because this is February, Valentine’s Day is one of these limit days. I also have a baby shower and a birthday that I’m including as well.**

* **“Kids” Sweetened Cereal**
* **Chocolate (varieties, in excess)**
* **Traditional Baked Goods (Cookies, cake, brownies…)**
* **Candy**
* **Refined Sugar**
* **Jelly**
* **Ice Cream**
* **Pudding**
* **Hot Chocolate (with and without marshmallows)**
* **Flavored Coffee**
* **Pop**
* **Donuts**
* **Maple Syrup**
* **Fruit**
* **Yogurt**
* **Smoothies**
* **Granola Bars**
* **Powerberries**
* **Stevia/Natural Sweetener**
* **Honey**
* **Wine**
* **Dark Chocolate (occasional – good for you!)**
* **Cinnamon**
* **Peanut Butter**
* **Natural Fruit Juices**
* **Unsweetened Cocoa**

**Good Sweets**

This is a month long trial, eliminating excess sugar from our diets. Sure, there are foods that come with sugar naturally in them or already mixed in… that’s okay! If you falter, don’t get discouraged. Take one day at a time!

**February No Sugar Challenge**