

No Sugar November

November

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 <i>START!</i>	2	3	4	5
		___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar
6	7	8	9	10	11	12
___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar
13	14	15	16	17	18	19
___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar
20	21	22	23	Happy Thanksgiving! 24	25	26
___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar	___ No Sugar
27	28	29	30			
___ No Sugar	___ No Sugar	___ No Sugar				

WE SUGGEST AVOIDING THESE...

brown sugar • corn sweetener • corn syrup • fruit juice concentrates • high-fructose corn syrup • honey
• invert sugar • malt sugar • molasses syrup

sugar molecules ending in "ose" (dextrose, fructose, glucose, lactose, maltose, sucrose)