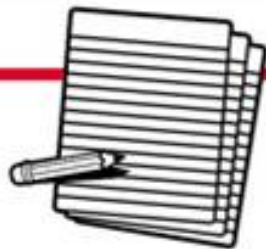


EXERCISE: CUTTING DOWN ON PROCESSED SUGAR



Write down all the processed sugar you consume daily:

Now, think about which foods you're willing to scale back on. Write down which of the above foods you would either quit eating or reduce in consuming:

List some natural sugars you could add to your diet
