**Fed Up Extra Credit Challenge**

*Instructions:* We are faced with the greatest public health crisis of our time and the future of our nation depends on all of us taking action in our homes, schools, and communities. The Fed Up Challenge is a national campaign to break loose from the sugar industry. *Your job is to go sugar free for 10 days.* This is tough because sugar is everywhere and our bodies crave it.

You can start by cutting sodas and other sweetened beverages and foods that have added sugars. Eat real, fresh, whole foods and lay off all products that contain added sugar including honey, molasses, agave, etc. This includes artificial sugar and sugar substitutes.

Watch out for foods that have hidden sugars like yogurts, canned foods, spaghetti sauce, and ketchup. Also, watch for hidden names of sugar. Go the extra mile and steer clear of flour products that turn to sugar in your body.

It sounds tough because it is tough. For up to 10 extra credit points, try it out for 10 days and see how you feel. Write a one-page response about your experience. This will be due by the end of this grading period (November 3rd).

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