

**Disney, Youth Service America, and The K.I.S.S. Club present a Disney  
“Be Inspired” Project! The “No Sugar”  
Challenge**



Destiny Sullens, a K.I.S.S. Club member and a Disney *Be Inspired* grant winner, wants to challenge you to go a week without sugar. Here’s the plan:

- ✓ Get your parents’ permission to participate by signing below
- ✓ Pledge to go a week without added sugar
- ✓ Record your progress daily on the calendar provided
- ✓ Even if you fail, record your progress daily
- ✓ Make a brief note to yourself if you failed on the calendar in the space provided
- ✓ Make sure you record for 7 days
- ✓ Be prepared to share your results at the end of your challenge

<p><b>What’s Allowed?</b>          Real fruit          Honey          Agave          Real Maple Syrup          Stevia          Truvia          Dried Fruit (Raisins, cranberries, banana chips etc. Make sure no sugar is added)          Plain yogurt with added fruit          Frozen Fruit (Frozen Fruit makes a great snack)  <b>Rule of thumb-If nature didn’t include the sugar, you can’t eat it.</b></p>	<p><b>What’s Not Allowed?</b>          Soda          Fruit Cocktail juices          Artificial Juice          Sweet tea (Unless you use a natural sweetener listed on the left)          Desserts          Candy          Candy Bars          Gum (Unless it’s sugarless)          Sweet yogurt (Must be plain)          White milk only! No flavored milk          No Gatorade or sports drinks w/added sugar</p>
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