

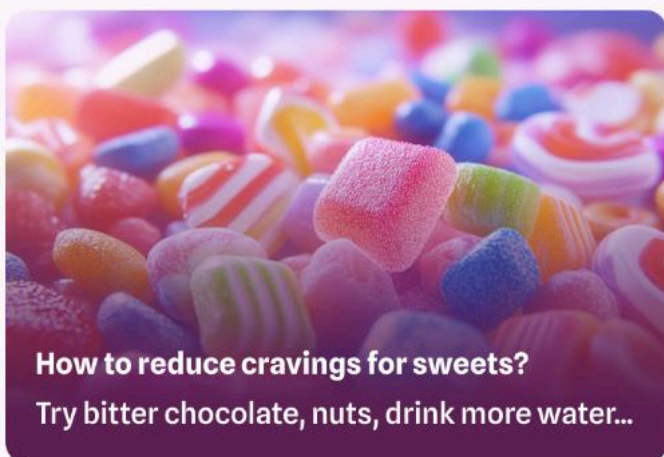
# READY FOR THE CHALLENGE?

Let's get started!

## Tips



**How to identify hidden sugar in foods?**  
Sugar is often disguised as syrup, dextrose...



**How to reduce cravings for sweets?**  
Try bitter chocolate, nuts, drink more water...

