**Title: Swap Out Some Sweets**

**Description: Cut back on added sugar and add to your health**

Today you get a break from the quizzes. Instead, you are hereby challenged to reduce your sugar intake for one day. We’re not talking about a sugar fast, and we’re not talking about forever. We’re just talking a little bit less for one day. So if you put two sugars in your coffee, put one. If you have one soda at lunch and another in the afternoon, replace one with something unsweetened. Cut back from two scoops of sorbet after dinner to one scoop. Or none at all. It’s really up to you! Your goal is to see how many different ways there are to reduce how much sugar you get today. Once you conquer this challenge, you may want to stick with it for another day, a week, or even a lifetime. Good luck! Make sure to track everything you eat or drink today in Lume and see the difference today’s challenge makes.