**Title: Retrain Your Sweet Tooth**

**Description: Swap out a sweet drink and cut out added sugar**

Since reducing the amount of added sugar you get in your diet is so important, we’re challenging you to another day of sugar reduction. Look back at what you drank yesterday and see how much of it was sweetened. Pick your method: swap out that sweet drink for something unsweetened, reduce the amount of sweetener, or reduce the amount you drink. Good luck! Make sure to track everything you eat or drink today in your Lume diet tracker and see the difference today’s challenge makes.