

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Grams of sugars in foods:							
Grams of sugars in drinks:							

For foods or drinks without Nutrition Facts labels, check: <https://www.supertracker.usda.gov/foodapedia.aspx>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Grams of sugars in foods:							
Grams of sugars in drinks:							

For foods or drinks without Nutrition Facts labels, check: <https://www.supertracker.usda.gov/foodapedia.aspx>