

## I QUIT SUGAR

# How much sugar are you really eating?

DO YOU KNOW HOW MUCH SUGAR IS HIDDEN IN YOUR FAVOURITE FOODS?  
THE MOST OBVIOUS OFFENDERS AREN'T ALWAYS THE WORST.  
ARE YOU SURPRISED BY THE AMOUNTS BELOW?



*"The World Health Organization and IQS advise no more than six to nine teaspoons of sugar per day. How many have you eaten so far?"*

*~ Sarah Wilson*

NEED HELP NAVIGATING THE  
WORLD OF SNEAKY SUGARS?  
SIGN UP FOR THE I QUIT SUGAR:  
8-WEEK PROGRAM NOW.

I QUIT SUGAR

8-WEEK PROGRAM

[IQuitSugar.com/8-Week-Program](http://IQuitSugar.com/8-Week-Program)