

Challenge Guidelines

- Reduce or eliminate carbohydrates from added sugars.
- Read Nutrition Facts Labels on packaged items you eat.



Total Participants: 17,722
Completed Program: 6,570
Online Reporting: 8,056
Online Surveys Completed: 4,302, 24%

Survey Responses:

Did you adhere to challenge guidelines for at least 20 days during June?

98% YES 2% NO

If you lost weight during this challenge, how much weight did you lose?

9,424 pounds lost by 2,392 participants.

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Read The Label?

95% YES 5% NO

Will you participate in the next challenge - A Good Night's Sleep?

98% YES 2% NO

1-Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent

Emails and Program Content	4.06
Recipes	3.83
Website & Tracking	4.13
Overall Program	4.13

Personal Behavior Before Program

Reduce or eliminate carbohydrates from added sugars.	3.26
Read Nutrition Facts Labels on packaged items you eat.	3.46
Productivity work/home	3.55
Overall well-being	3.57

Personal Behavior Before and After Program

Reduce or eliminate carbohydrates from added sugars.	3.77	17% ▲
Read Nutrition Facts Labels on packaged items you eat.	4.02	16% ▲
Productivity work/home	3.87	9% ▲
Overall well-being	3.89	9% ▲

EHA Member Comments

I really like the program. I have been participating since the very first one. I will continue to do it for as long as you provide it for us. Love it!!

I enjoy doing things to help myself do better health wise. This program makes it so much easier.

I can't say enough good things about this program overall. Keep up the great work!

Receiving the emails keeps health and wellness "top of mind" I really love these programs!! I feel that over time, I am improving my lifestyle by making gradual changes and reinforcing those changes through the tracking.

I really enjoy the EHA Wellness challenges. I make better choices and it makes me more aware of my overall well-being.

Since January 2017, I've worked very hard with diet and exercise, I've lost over 30 total pounds.

I absolutely love that you added food labels to the challenge! It is so important to learn and make it a habit to read them! you challenged me to look more closely at food labels and I also love using the web app to make it easier for me!

I love this program. It has helped me become very much aware of my health and my husband's health as well. Thank you.

Knowing that others are participating in these programs makes it a bit more enjoyable! Thanks for keeping the interest.

I never really read labels until now. I can't believe how much sugar is added to processed foods. I find myself reading labels before I buy any food item. This program has really opened my eyes! Thank you!

I know I never took the time before to read labels on food products. This program has helped me to understand, better, how to read labels. Thank you for the insight.

I appreciate these wonderful monthly incentives to help get all of us (especially me) thinking and being more aware. Looking forward to this next program on sleep.

The information about the Nutrition Label was amazing! To get just a little bit of new information each day was great for learning! As a new Family and Consumer Sciences teacher, I thought the information was great for me to learn more about each part of the label and be able to share the information with my students!

After participating in this program, I find that I am waking up more refreshed in the morning, and don't need my morning cup of coffee nearly as much! Thank you EHA!

I love these Wellness Programs! Helps me stay motivated to a healthier life style!

GREAT JOB EHA!!!!!!!!!!!!

Website was very helpful. As well as exciting to read and follow. Thank you.

Wellness has impacted my life! Participating in the Wellness Challenges has helped me lose 20 lbs in the last 6 months.

Did really good on everything even on vacation! Even got grandkids reading labels most of time now!

I appreciate your including this important topic in the wellness series! I acquired Type 1 diabetes as an adult so I had to learn how to read labels and count carbs quickly! It's a very important skill to have and my family always reads labels. (My children started reading labels when they were about 9 years old). After grocery shopping we go home and pack our snacks in serving size snack bags so we don't "cheat"!

This was easy to follow. Definitely made me more aware of what I am buying in prepackaged and canned foods!

I've lost 55 lbs. since December! Thanks for the support through these programs. It certainly doesn't hurt!

Loved this! I even had my husband hooked on checking the labels! "What is in that?" was a common phrase uttered while shopping together. Many items went back on the shelf at Sam's Club after reading the label.

Enjoy the information provided. Knowledge is power! Have hung a copy of the Label Guidelines on my refrigerator. It keeps it "in my face" and easy to use.

My family is probably not real happy that I took this challenge because I keep nagging them about their sugar intake. I learned a lot and am making a conscious effort to reduce my family's sugar intake!

Just being reminded to read the labels helps daily. I did lose a few pounds but most of all I ate better!

I really wasn't understanding how all the added sugars worked. I do NOW. Have cut back on my sugar intake!

This was a very good program! I used to buy groceries without reading the labels. Now I have more responsible approach to my grocery shopping. Thank you!

Loved reading the facts and information each day online. Found myself reading labels on cans/boxes of food at home, before preparing and while shopping. Loved reading the recipes!

Cut down on M&M's and diet pop.

Love this program, keep it going!!!!

We took two vacations during this time. The information that I read helped me to make healthier choices for snacks. Normally snacks when traveling have been brownies, cookies, etc. We tried more for granola bars, popcorn and cheese or meat sticks. Found side effects very interesting, had no idea sugar could affect things such as blood pressure and arthritis.

I really liked the information about sugar and added sugar and how to spot it on Nutrition Facts Labels. Life gets so busy, but I always look for this information now since this program. These programs are very helpful. I appreciate them.

This challenge gave me the gentle reminders to make sure I read all of the labels. It got my son reading labels too and he is feeling better also.

Being a compulsive reader, I have always read labels on packaged food items. Gradually I came to read them for their content, mostly calories, sodium & fats content, and then serving size. Now I have more items to look at. I love to collect the cookbook of recipes at the end of the month. I punch them and put them in a 3-ring binder with dividers for each event.

Thank you very much for this program. I learned a lot and feel better as a result of the info you provided!

Didn't realize the "extra" sugar in foods I would not have expected sugar to be added to! Now I look before I eat just to be sure!

Good program!

I lost weight and gained more muscle!

I enjoy these challenges and appreciate all that I learn!!

This worked well!

Great program!

This program came at the right time to help with eating habits for my mother. Thank you for the information.

Was very eye opening, never knew so much about sugars

It was nice to learn more about what each section of the Nutrition Facts Label meant for my health.

Made me more aware about labels!

A couple of recipes were really good - continue to lose weight.

Enjoyed daily email content.

Lost some weight and felt better knowing I was eating healthier.

Best program yet! Great information on sugars!!

Another great program - thank you. Help to really look at what was eating and the ingredients.

Enjoy the new materials!

Thanks for the help. I learned a lot!

As Americans, we eat way too much sugar and it's difficult to cut back if you eat processed foods. So more awareness about the sugar in processed foods is great! :-)

Love this program!!

I have always tried to read the NFL on most everything available for my health plus the health of others thank you.

I didn't know what was in everything until I read some of these labels. It does make me wonder about some foods.

I didn't realize how much sugar was in our pre-packaged food. I really try to avoid eating anything but fresh fruit and vegetables. This was a good challenge.

Thank you!

Very good idea to explain to us how important it is to read labels. So much garbage put in the food we eat.

It's amazing how many products that you wouldn't expect have hidden sugars and how many different names companies use for sugar!

This was a great challenge! I was surprised at how much sugar is in certain foods.

It was helpful to be reminded about reading what I am ingesting. The website made it easy to track my progress.

I appreciate the email tips.

Each e-mail I received was full of good information. Thank you.

I've learned that reading the label is so important before deciding to buy anything. I have lost 6lbs and I am thrilled with the daily updates.

I really liked this challenge. The information presented was VERY good. Thank you!

Thank you so much for this program, it has been amazing, as of August 1st I will be officially retired from school. Thank you!

Info provided supplemented how dietitian wants me to read labels when choosing foods. Always welcome new tidbits of info.

I recently found out that I have to follow a low gluten diet. Reading labels has become very important.

Reinforces that I check the contents and added sugars of the foods I eat and feed my family. I really try to watch the sugar and sodium content.

I really hated to see this challenge end. The daily reminders are so valuable. It's great to know what to eat, but this focused on what not to eat. I will continue to read labels and try to control my sugar a lot better.

I became more aware and moved on the scale. Down, not up!!!!

I have been on a low carb diet for some time. This helped me to renew my commitment to eating low carb.

I have solidified my practice of reading all food labels!

I liked the pdf on the new food labels.

By having a workout plan and by eliminating unnecessary calories I have lost 18 lbs since May!

This makes me more aware of what I'm eating.

I went on vacation for a week and that set me back. Other than that, it was good.

I usually didn't pay much attention to the Nutrition Facts Label before, now I look at all of them.

I did not realize how much sugars and sodium were added to different foods.

Keep up the good work with this program. Thanks!

I've been more responsible about my eating habits.

Learned a lot from this program.

Labels on food are so confusing. This was a good session. Always appreciate knowing how to keep myself healthy.

It has really informed me. I will be much more aware of what I eat to help avoid disease as I get older.

Enjoyed program!

Great information and statistics about health as related to sugar.

I have been an avid label reader for many years as my son had a problem with artificial colors and flavors as well as "sugars" from early childhood. We followed the "Feingold" program. It helped tremendously. My son is now in his mid-30s and he is still a label reader! Thank you for the refresher!

I was amazed at the fact that when I compared sugar free to regular and how there were more calories and sodium in the sugar free products!

Good reminders about sugar control.

Great information!

Loved the recipes! I think eating some of those plus working out and following the plan helped me lose 2 lbs.

It is amazing what you learn when you read the ingredients of the food you eat and drink. There was pear juice in the apple/ cranberry drink! It was 100% juice like the front said.

Thank you so much for this program. Its helping me a lot.

Now, I'm starting to look at sugar content in most drinks, for our family.

Good eye-opening articles. It's good to now be aware of all the hidden sugars in foods and how damaging they can be to health.

Being a diabetic for 53 years I have always read labels. Thank you for giving more people the idea.

Loved this one! My husband and I decided a while ago that we did not want our kids eating too much canned or bagged food since it is so high in sodium, so we have been "trying" hard to make our own food. Such as we can eat cookies and potato chips, but we make our own. That way we know what our kids are eating, they have fresh and fun food! We have always tried to steer clear of canned foods, we make our soups from scratch. Thanks for your great programs!

I enjoy and look forward to everything in this program!

I definitely became more aware about the number of sugars in the foods that I ate. I learned a great deal about what foods have high sugar content and what foods have 'hidden' sugars in them.

I learned a lot from the daily notes.

I enjoy doing things to help myself do better health wise. This program makes it so much easier.

Thanks for all you do!

I already lead an active, healthy lifestyle but I appreciate reading and being reminded of new things that can be done to maintain my overall healthy condition.

It has been a wonderful thing to be able to read labels with my children and teach them the importance of knowing what we're eating before we put it in our mouths.

I enjoyed this one.

Thank you!

When you take the time to read the labels. It really makes you aware of what you are really eating.

I was always in the habit of reading labels before this, however, this program helped me re-affirm that commitment to good health. Once you've developed the habit, it's good to keep it going.

I still struggle with too many carbs but it helps me so much to be accountable with this program!!

Cut back on sugar intake and lost weight.

It made me aware of the sugar content I was taking. I have reduced my sugar intake.

Love the reminders - helped keep me on track!

It is good to be aware of these issues daily!

After reading the labels for the month it has become a habit to go to the label first and on many items I used to buy thinking they were the healthy choice were not so healthy. It pays to read the label!

As I heat my lunch in the microwave at work I end up standing next to the vending machines. It has been most eye-opening to read the labels for calorie content of the chips and candy items. It's unreal that one small bag of Cheetos contains 300 calories!

My A1C is down! ;)

I was already doing weight watchers, so I was watching labels closely, but this helped to reinforce some of the concepts.

Thanks for the info on reading labels! Very helpful program.

Email reminders are wonderful!

I learned a lot about added sugars.

The comments about sugar should send the message to anyone to stop sugar intake! I don't eat sugar, but this was very good to reread and agree with :) Thanks.

Very knowledgeable! Thank you!

Thank you for having a program so helpful to keeping people healthy and happy.

I have always done this, and will continue to do so. Thank you for putting things like this together.

It pays off to read the labels for our overall health. The food industry still needs to take more salt and sugar out of their products.

This helped keep me accountable!

I really liked this one!

Thanks for the help.

Really enjoyed the challenge of actually reading all the labels of the food I have been eating. Gave me a lot of insight to what I'm eating.

I'm diabetic so learning to read the labels has helped me put back food that I may want but are not good for me.

Loved this challenge!!!

I never really payed too much attention to the whole nutrition panel except for carbs. It was very shocking to see how much added sugar!

Thank you!

I have gain great understanding on labels on package items.

Health is everything and the EHA wellness programs remind me about all health topics...and now sleep...to me this is a vital topic...my generation was raised to believe that if you slept 8 hours or took naps that you were lazy...and that is so wrong on many levels...can't wait to participate!

I eliminated white sugar from my diet. I watched labels and made sure I bought fresh produce and not processed foods. I am eating local farm grown products and organic or above. I don't have inflammation. I found sugar is in everything!! Sugar is so addictive!! It takes lives!! The more sugar you eat the more you want!! It has jumped started my metabolism.

Thanks for explaining sugars on labels. I learned a lot and now read the labels of pretty much everything I buy. Very informative. Thank you!!

Great reminders and challenge to reduce sugar. Thanks.

This definitely helped to be healthy! Learned about so many things!

It makes you aware of what we were putting into are bodies. Now we know what to put into are bodies.

I was shocked at how much I didn't know until "Read the Label" showed me. Thank you!!!

Great information about the effects of sugar on our health.

I also started using the fast diet this month. I put everything I eat in a journal so having the reading labels program really helped me understand what was going into the foods I was eating. I will continue the diet and reading the labels using some of the information from this program.

While participating in this program I became much more aware of how much sugar is added to many common foods. I will continue to try to decrease added sugar in my diet.

This was a great challenge! It's exciting that the labels have changed and now include the grams of added sugars. This challenge was a great reminder to always look at labels and make better choices.

Because of this challenge I have become much more aware of the added sugars in food. I am making different choices once I read the label. Thank you!

I have been working hard at finding alternatives for high carb foods. I am eating more squashes than I have ever had, love cauliflower rice, and for a lower carb bread I have found St. Joseph's bread.

Another great health to follow, I enjoy following the plans and I have better for it! ;-)

This was a very helpful program! Thanks!

Great program!

This challenge was a real eye opener!! I had no idea how much sugar I was consuming. I've been reading a lot of other articles about sugar and the effect that it has on our bodies and I do see and realize why I feel like I do after eating certain foods. I feel I have cut back to where I'm not craving sweets and grazing daily...I'm satisfied.

I was shocked that MSG is in most salad dressings. We have shifted over to a natural Ranch dressing for my husband, as he is prone to migraines. Doritos as well! We have also shifted to natural ketchup, as well as other sauces. I will be making my own mayonnaise next time as well.

The timing for this was just perfect. At the end of May, I was told my blood sugar results put in the Diabetes Type 2 category. Checking labels and watching my carbs, along with recovering from a knee replacement, has become my summer job. Thanks for all the information and reminders. It helped me to change my eating habits!

I really enjoyed this program. I was in shock how much added sugars and carbohydrates I was taking in during meals. I have completely changed my diet.

Reading and comparing labels made me realize how sugar I was consuming. It was shocking to me.

Due to summer plans, I got a late start on the program. But I learned a lot and found 4 good recipes. Wish I had not missed the first 8 days.

I feel so much better now that I am no longer eating sugar!

Good reminders! Thank you!

This has made me more aware of labels and reading them which I had seldom done before.

I really liked this challenge. I learned a lot about the labels that are on my food. I really did not know much about this. I am glad that you covered this information with us in this challenge.

This was great, lost 5 lbs. By reading labels found out one of the drinks I like had 32 grams of sugar.

I really loved this program. Cannot believe how much sugar there is in everything. I'm going to try and eat less sugar! Thank you for this information.

My daughter has been recently diagnosed as type 1 diabetic. So I have been checking product labels for a while, but the information provided in this program really helped me to understand the product label information better.

This program made me more conscientious about reading labels.

Great program, lots of good info!

Very eye-opening challenge!

Before the program I would glance at the label to notice the amount of sodium and carbs were included thinking that was good enough info. But after this program I've become more aware of what I'm reading. Thank you.

I do weight watchers so every single meal I'm looking up labels & calories. Thanks for making this important 😊

I have always been a person that read the labels. This program just reinforced what I thought I knew plus I learned a few more tidbits. Good program as always.

I was, and still am a label reader.

Very good!

The challenge made me more aware of the labels and what is considered healthy foods vs non-healthy foods.

Feeling better and am more mobile.

Another great idea!

This has made me more aware of added sugars.

This was an easy challenge for me as it was already something I already do. :)

I feel fairly educated when it comes to food, but some of this was new information, so thank you. I don't remember if there was anything on sugar alcohols which I have seen somewhere. The info on the fructose is something we need to be reminded of over and over. Most people don't realize the health risks. Overall this was one of the better programs!

It provided more structure to my daily life.

I've always looked at the Fact Labels, but I'm going to pay better attention to it more now.

Thank you! I enjoy reading the labels on the food I buy, keeps me alert to carb count, sodium count and calorie count!

Always helps to be reminded about some of the things you but learned some new info as well.

All good ideas...I really enjoy these proactive strategies. Thank you!!

I used to be really good at reading labels when I first found out I had diabetes. But as time went on I got out of the habit and this challenge got me back to reading the labels which is awesome! Thanks for the push, I needed it.

Learned quite a few new things.

Good program, I have always read labels and this program reinforced it!!

Easy to change habits to program's positive and consistent reinforcement - through communication.

I have been a label reader since we found out I had diabetes in 2001. He is not on insulin and only takes a little medication.

Dealing with my 99-year old father in the hospital, hospice and passing away. I did not do as well as I should have.

We have been eating more fresh foods at home with very little processed foods. Knowing what to look for on labels have been helpful to know.

I feel so much better!

I became more aware of what I am eating by reading the labels!

Great way to track what I do even though I had already been doing it.

Thank you for the information on reading food labels. I have a better understanding of the information on food labels.

I was surprised about some of the foods that contain sugar that I never thought about.

I enjoyed this particular program a great deal. I am working on eating better carbs and lowering my sugar intake so the information was extremely helpful.

Always knew and have been reducing fat and salt in my diet but was surprised how much sugar was still in it. Will continue reducing all three and always read those labels! Recipes very good and articles very informative. Didn't know how dangerous all that excess sugar was.

I didn't realize how much I actually read the nutrition facts until I did this program, so I don't know that I improved a lot in that area, but it definitely made me more aware that I need to watch the SUGAR content. I will definitely continue to watch that!

If nothing else reading the label encouraged me to eat fresh and frozen foods to get away from all the preservatives and unknowns

I enjoyed some of the recipes and hope to try others.

Loved this one!

Well before the challenge I thought I eat pretty health, read labels and watch my sugar intake. Well after I started reading every day the e-mails and following the guidelines it got so easy to know right from wrong.

Great information.

Love each program that is recommended. My life has had many different stresses in it and I have found with the new tricks and tips I pick up to help better my health.

I feel more energy. I am not tired anymore.

My daughter and husband were just recently diagnosed with Celiac disease, so as the main food preparer I've had to really study labels closely. We are all eating healthier because of my new-found love of label-reading!

I feel with more Energy. I am not tired anymore.

I read labels much more often than I did before participating in the program.

I enjoyed the focus of the program with reading labels. Most people are not always aware what they are eating. I think of myself as knowledgeable, but was surprised on a few things. Thanks!

The articles were great! Labels are so confusing if you don't know what to watch for. Now I find it much easier.

Love the Hummus and Cucumber Dill dip recipes.

The reading labels education was very helpful and great info. Thanks!

Thanks for all the information in the daily emails.

Fun to do, it makes me more aware.

I realized how important reading the label is! It has certainly helped me be more informed and accountable in my healthy living journey.

Great overall activity.

I tried some of the recipes and they were good.

Another great program. Thanks!

Teaching my kids how to read labels! Making positive choices!!

Reading labels is essential to reducing high blood sugar levels.

The daily updates were interesting and enlightening.

Started losing weight and feeling more energetic.

I lost weight and feel more energetic.

This program helped me to be conscious of reading labels and exactly what is in each item.

Reading labels were sometimes shocking.

My husband was diagnosed with diabetes in February. We read labels all the time now. Thank you for your encouragement to continue to do so!

I try to always read labels now.

Because of health reasons I needed to become more aware of what I was eating. This was perfect timing. Something that I know that I need to continue working on - but having the emails would "gently" remind me that I should read labels/be more aware of what I am eating.

Read labels all the time as husband is diabetic. Loved the daily articles about sugar and will continue to read labels.

I have always read the labels for sugar and carbohydrates amounts. I now read everything on the label before purchasing items. I also find myself putting back items I used to buy after really reading the label.

I certainly learned how bad sugar is for me!

I have always read labels due to a reduced salt intake diet.

We read labels as a habit due to food allergies in our family, but has ultimately made us more aware of what we are eating.

It helped me learn how to read labels.

Loved this opportunity. I have done the carb diet in the past but this made me learn other things to keep in mind also.

Great program informative!

Now I read the labels of any product before buy it.

Great challenge...reading labels is very important.

Loved all the recipes! Quit drinking soda.

Good challenge.

This challenge made me more aware of what I eat every day and I loved all the recipes.

I always really like the recipes and enjoyed trying the salsa recipes. Did know that sugar was in a lot of foods, but not as many until reading about the different kinds and names.

I enjoy doing these programs! Thanks for offering them to us!

KEEPS ME ACCOUNTANTABLE! THANKS FOR ALL YOU DO!!!

More aware of food labels

I have been reading labels for several years now because I have to eat gluten free. But all I was looking at was if there was gluten. But now I am looking at carbs and sugar. I did not know that there was so much hidden sugar in foods. I now try to get my sugar from natural sources and limit my intake. Great challenge.

This program made me far more aware of what is on the label. I really enjoyed this one!!!!

The information in this label challenge really helped me to be more selective about what I have to eat.

Will definitely continue to look more closely at labels.

Good programs to follow/use.

Thanks for helping me become more aware of what I put into my body!

All the information was very helpful, I'm looking at labels more carefully now. Info on sugar was very helpful.

Definitely made me more aware of how bad sugar is for us!

Excellent program!

Very interesting facts daily. Some I definitely didn't know.

Thanks!

It was an eye opener to read about the added sugars in processed foods and drinks.

Great changes in label reading. I can't wait until it goes into effect.

It makes me stop and think what I put in my mouth.

I have always tried to read labels on foods, but this really helped me to constantly be aware of what was going into my body. Now, I just do it without even thinking, thanks to the program. It is amazing on what you perceive you are eating and what is actually going into your body. I was very happy to be a part of Read your Label.

I've been used to reading labels since my son was born and we found out he had a lot of food sensitivities. Now I'm reading them not only for myself but for my elderly parents to watch for potassium, sodium, and many other things. So this has helped to reinstate the importance of label reading!

This challenge was very informative to me. I have always read labels but learned a lot more from your emails. Thank you for making me more aware of what I am eating.

Great reminders. Very good information. Inactivity and sugar is the culprit for weight gain for most!

It really opened my eyes to hidden salt!

I do like the new labels better. Clearer and the important info is easier to see.

Not as much 'fun' as some of the challenges but was educational and while I already have the habit of checking labels, I did focus more on it and did pick up a few things!

I have a fructose intolerance, so must read labels very carefully. This program helped reinforce what I need to do on a daily basis.

Reading the label made me more thoughtful about what I was choosing to purchase.

Thank you for this program. I become more aware of hidden sugars.

I saw my weight fluctuate during this period. It will probably settle a pound or two lower. This wasn't an active program, but it really made you think about what you were doing right or wrong.

I couldn't believe how many added sugars were in products like tomato soup and yogurt. Really? It was hard to find a product in some categories without it.

At first it was really hard to cut back on sugar, but as I stuck with it, it was easier to substitute small protein foods or fruit instead.

I have had type 1 diabetes for over 30 years. Reading labels and watching carbs is nothing new for me.

Just made me think more about what I ate and how much too eat.

I'm trying to eliminate carbohydrates from added sugars. Thank you to the Wellness Program.

Many thanks!!! Great program!!

I always read labels and watch carbs.

Learning to pay attention to labels has made me aware of what is in the foods I consume.

Overall awareness helps keep track.

This program gave me a chance to really encourage my husband to also read labels. This allowed him to become more aware of what he was eating and drinking.

It's has work well for me in the way of balancing my meals.

Excellent focus on sugar - it's a drug usually ignored.

I don't know that my weight loss was related to the program or probably more from being more active during summer break. ;)

I was surprised to see so many foods with high fructose corn syrup, I try to avoid and it makes a difference

Being gluten intolerant, I read labels carefully. However, this program helped me to also focus on sugars not just gluten sources.

A very interesting program. I enjoyed it and lost 5 pounds without even trying.

Loved this one!!

I was able to work on paying more attention to the labels and make some better choices on what I made.

I think all the programs are very positive. I enjoy being a part of every one.

This made me more conscious!

Excellent information related to accurately reading food labels and reducing added sugar in the diet.

Great program and a lot of interesting and important facts

I am already a label reader due to having to watch sodium intake. I became more aware of hidden sugars in items. I admit I have a sweet tooth but became more aware of what I could eat for healthier choices.

Read the labels, but did not use recipes. Am hoping to get more involved in the program as I go.

I love looking at what I eat now, you never know what is in things, and after exercise ever thing.

It was a good habit to establish, especially for feeding my kids.

I used your daily nutrition label facts as a part of my summer school lesson plans. We did several cooking classes for kids grades 3 through 5th.

Thank you.

Great program!!

Made me more aware of all the sugars and fructose syrups.

Another great program...thanks!

I will continue to participate in the wellness challenges, I enjoy them!

Very helpful!

Lost some weight@

I lose 3 pounds and I want to lose more weight.

Walking and exercising every day!

I really liked the information on sugar, I had no idea that it could affect more than weight gain. Great topic!

I am pregnant, so I didn't lose any weight but I feel as though I am healthier overall which will positively affect my growing baby as well!

This is imperative for those of us with diabetes and to live a more healthy and happy life!

I'm completely sold on these monthly programs. I continue to improve my overall knowledge and awareness of health, nutrition, and overall well-being. THANK YOU for these wonderful programs - keep them coming!

Daily emails were encouraging!

Definitely made me more aware of what I was eating!

Feel awesome!

It made me more aware of all the foods that are high in sugar.

Lost 6 pounds!

This is always good to think about but I've always been conscientious about labels and what is in our food

Still loving this program!

My husband is now reading labels and pointing out interesting facts.

This program reminded me to think about what I put into my body.

Appreciated the explanations.

I love to read labels! Not only sugar, I also start to watch fat contains too.

Very good!

Great program.

I really learned a lot about added sugar by reading the labels.

Loved this program and I read labels more and more now. It has made me more aware of what to buy.

Appreciate these programs. Have learned so much about making good health decisions

Before I often read labels on food, but now I have been made aware of more reasons to do it. I am amazed at the things sugars can do to your body and mind. Thanks for all the information!

As a food's teacher I normally look at the labels. This challenge was the easiest for me. Plus I started weight watchers so it made things even easier.

This has helped me to think about reading thoroughly through the provided labels!

I learned a lot about added sugars.

Was a good month to start a diet!

Great!

Was eye opening how many ingredients can be in a single granola bar!

Thank you. Now I read labels before buying something.

This program has helped me keep my nutrition and eating habits on track over summer break.

Made me more aware of what I eat.

Very good!

Learned a lot about what is actually in the food I eat. I have changed my diet partner.

I recently had heart surgery. Increased exercise and a better diet has helped tremendously in my recovery.

Thank you!

Makes a difference what type of fuel you put in your body. If you look at it as a machine (your car) then you want to take care of it increasing energy! This is what I have noticed, I have more energy to do the outdoor events I like.

Thank you!

I had no idea the junk that is added to foods. Less is better. The length of foods and additives is ridiculous. I've been watching the labels every time I enter a grocery store and look before I buy!

Love the info.

Great challenge but I didn't participate very well because I was already a label reader.

Two of my sisters are cutting carbs also, it has been so fun to have them sharing laughs and recipes while snap chatting

Very helpful information on understanding food labels.

I am diabetic and this helped me to lower my blood sugars from the 200s to the low 100s and below.

This was an awesome experience not only for me but for my grandchildren who live with me in helping an understanding the importance of the labels and what is good and what is bad, as well as calorie counting.

I had already started reducing the number of carbs by switching to St Josephs bread that is half the carbs as bread. I don't eat pasta and use veggies instead. I taught my daughter how to read the labels for carbs. It was an eye opener for her.

Knowing more of what's in the foods you're eating can make an impact on how you feel throughout the day.

Good reminder how important it is to read those labels!

I have given up sugar and eat only whole grain healthy carbs. I am feeling so much better! Have more energy and lost 7 pounds!

Thanks!

This combined with guidance from health professionals got to a much better place of functioning during this program

Good reminder for those who haven't been reading labels! I'm already a "Label Reader", so the program didn't improve anything for me. Some interesting recipes were included.

I enjoy reading labels but was more observant during the program it kept me on track.

GREAT PROGRAM! I look at all the ingredients on labels now before I buy anything. I lost 6lbs following a more clean diet...especially looking at all the sugar on labels has helped me the most.

I had previously read labels; however, during the program more time was spent reading and comparing products.

Thanks for allowing me to realize what I am consuming daily.

As always, very informative information.

Reading more labels!

I feel that I have less digestive issues after reading labels to cut extra sugars and useless carbs.

Thanks!

Thank you for the tips! They really help!

I find myself reading the nutrition labels even more than I did before. Love the recipes!!

I really enjoyed this program.

I have been slowly losing weight for a year. This has helped me be more aware of all of the contents I am eating.

I became much more aware of ingredients and nutritional value on the food I buy. Also, I was responsible for monitoring a diabetic student at summer school. It was essential to track carb content and then to help make student more aware of the importance of reading nutritional labels. Thank you for once again offering very beneficial health information.

This was a good reinforcer for my healthy habits.

Thanks for the information, it was a great eye opener.

I learned to pay more attention to the labels and portion sizes. It's so easy to overeat!

Honestly, since being on summer break this past month, and not being on daily email to be reminded to do this thru that, I did not take part in this challenge this past month. But, I have been eating more fresh fruits and vegetables this past month, as that was one way I was going to eat less processed food - one way I had decided to help myself before leaving on break for the summer. So, that was a benefit from this program that I set up for myself even before it got started. I have eaten at minimum one cup of fresh vegetables every day but one, and up to four cups! I have had fresh fruits most days also.

This is a good reminder for me especially in the summer.

I have always read the label/nutrition data of products, and if I couldn't find them printed, I would search online, however I mainly paid attention to calories/fat content/ and sodium. This forced me to look at carbohydrates and sugars (which I tend to neglect.)

I always have read labels and this challenge helped make clearer what I am reading.

Being type 2 diabetic reading labels are important to me especially the carbohydrates

I enjoyed this challenge!!

Thanks!

What a great time to have this challenge - just as all the fresh produce was becoming available in our area. It really kick-started my trips to the farmer's market and my own garden. Not to mention, it woke up some sleeping taste buds! In the end, the realization that I came to was that I am often hungry within an hour or two of having a carbohydrate rich meal. It would make me feel very full, but I was often very hungry shortly afterwards. Going to a more natural and low processed carbohydrate/sugar diet left me often feeling more satisfied for longer periods of time. It isn't always "the easiest" thing to do to eat like this, but it isn't "hard" either.

Great, informative program!

Great tips.

Good reminder. Read the label more carefully. Helped me to stand on track.

Became much more conscious of reading labels.

Reading the labels help to reduce my salt intake.

Very helpful program. I am reading labels before I purchase foods. My refrigerator and cupboards look healthy, too.

Eat healthy mainly food without the added ingredients.

I found this program to be very helpful!

I have lost 12 pounds so far.

Appreciated the research given for tie ins with excessive sugar consumption for many of our most chronic and disabling diseases. Bad news for a sugar lover like me, but motivational, too. Great information given throughout.

I always knew that there were hidden sugars in products, but I didn't realize how many products did that I didn't realize. I would always make excuses and now I can't make those excuses as easily.

I did lose weight this month, but more than likely from the walking/exercise increase vs reading labels. I have always tried to read the labels on food products, more due to my food intolerances

I loved the nutrition facts and labels that were presented! I needed an explanation of how it truly affects your body and what it can cause. It makes me much more attentive of my food purchases!

Some great recipes!

Reading the labels helped me identify an additive (Red dye 40) that was causing digestive problems for my daughter.

Thank you for all the helpful tips and resources that you provide each and every day.

I didn't really need to lose weight, but the information regarding added sugars and health impacts was very good.

Makes me more aware!

Good program!

Taking care of my elderly parents has caused me to pay more attention to labels so I can stay away from high sodium foods, etc.

It was beneficial to take time to read the labels especially for the carbs.

This challenge came at the right time.

I just took the time to become more aware of what I was putting into my mouth.

I love your programs!

Great recipes!

I love your programs!

Changed the way I purchase food.

Great program.

It has made me think more about what things I need to be eating and has made me want to change my eating habits

I thought "Read The Label" was very informative.

Good information. Very useful. I learned a lot.

Reading the Label was a great program. Kept me on my toes for carbs, sugars and fats!! Thank you!!

Great program, kept me on track with carbs, sugars and fats!! Thank you!!

This was a really good challenge. Just learning what is in common foods that I eat was really interesting and helpful! Thank you!

I've lost five pounds over the past year.

Another great program, thanks, I will continue to participate in others.

Thanks! Makes me more aware of my intake and what I should be doing!

I really liked the recipes. This was a very good program that everyone can benefit from in their everyday life and this is something that I will probably do forever.

Program made me think more about what I'm about to eat. Got me to change my mind or at least reduce the amount I would eat.

I really learned a lot in this challenge. Thank you!!

I became more aware of all the added sugar in foods and more familiar with food labels and how to read them. Great program.

Summertime always brings out the best in eating good stuff for me.

Thank you for the fun programs!

Thank you for reminding me how important it is to read the labels!

Great program.

This is the second month (I did this in May as well) where I specifically focused on avoiding added sugar and sweeteners. I have been amazed at how easily the weight dropped off, how much better I feel, and how much

better my skin looks. My skin hasn't been this great looking since before puberty!

I liked this challenge, I have food allergies and am always checking labels, so this just enhanced with what I look at.

This challenge made me think and look at labels more than I had before. I feel it has set me on a better path to paying attention to what I am consuming and to making better choices.

Good program!

Sugar is bad!

Good programs to use/follow.

This one was very easy because I have always been a label-reader.

It was excellent!

I learned a lot! I have become aware of product ingredients and am much more observant when I purchase items

I was not aware 4 grams of sugar = 1 teaspoon! I did not know high sugar intake could contribute to depression. I have always felt sugar is addictive. I have gotten better at not "treating" myself with sugar and am trying to eat more healthy. I definitely am more aware of my sugar and salt intake. Thanks!

Really like this program!

It was nice to get back into the habit of reading labels.

Thank you for breaking down the sometimes confusing nutritional labels.

It really helps to read the labels to determine what I am eating! Thanks for bringing the awareness and opportunity to think about this every day!

Reading labels is my everyday life. I learned from a diet program. Enjoyed the recipes.

Nutrition facts are very important. This was a good challenge.

I really enjoyed this challenge.

Lost 5 lbs!

Keep up the great work!

I'm always looking for more easy-to-make, plant-based dinner ideas. :-)

Do this once a year for reminders to read what you eat. It helps keep me accountable.

To follow all what I have learned we need to repeat similar program someday again.

Keep up useful pdf's.

This was a very difficult challenge. I found that about everything has a lot of extra sugar!!! I am now trying to at least switch my family back to cereals without so much added sugar. If we accomplish at least this I feel we have improved our health because of the program even if I didn't successfully complete it

Kept repeating the same eliminate sugar content.

Keep up the great work. It helps us a LOT!

Great!!!

Keep the recipes coming!

Keep the programs coming!

It was a very good challenge.

Keep going with the good information.

Went more to fresh vegetables and fruit

I learned so much about the extra sugar and calories added to products. How to read labels and what to look for in the Nutrition labels

Great and was awesome activity overall!

I just like the way that this program has been helping me to change my eating habits and lifestyle.

Keep us on our toes!!

Keep up the good work!

Keep on liking your support.

I think you are doing a great job on each program.

Everything was awesome!!

I love all the programs you offer!

I LOVE the recipes!!!!

Keep doing what you're doing. It works for me. Thank you!

Keep having the programs!

Keep the programs coming!

Good activity to be a part of...I hope you will have this again.

Just keep encouraging us to continue with your programs.

Feeling good about myself.