

JUIN SANS SUCRES AJOUTÉS*

2nd edition

*A personal
challenge,
a collective
experience*



**IT'S DECIDED,
I ACCEPT
THE CHALLENGE!**

For more information, visit www.juinsanssucresajoutes.org

****June Without Added Sugars***

In partnership with:



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WHAT IS IT?

This is a challenge whose goal is to try to reduce your consumption of added sugars. The goal is not necessarily to eliminate them completely, but to become aware of the quantity consumed, in order to better control it.

WHEN IS IT?

From Saturday, June 1st to Sunday, June 30th, 2024. However, if you cannot start on June 1st, nothing is stopping you from joining the challenge when you can.

WHO IS IT?

The *Juin Sans Sucres Ajoutés** challenge was launched in 2023 at the initiative of activists from the French patients' defense association SOS hépatites & maladies du foie. The association has been long committed to fighting against fatty liver disease, caused in particular by excessive sugar consumption. The initial idea was to see if being a part of a group, it would be easier to reduce its consumption.

HOW?

You will find all the information on the challenge website: juinsanssucsraajoutes.org.

As well as at the Facebook group: **JUIN SANS SUCRES AJOUTÉS**.

WHY?

Excessive sugar consumption leads to health problems, including fatty liver disease. Limiting your consumption of added sugars is primarily about maintaining your health.

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