

CHALLENGE

DAY 10: No Sweets Today

I am generally not a fan of having a lot of restrictions, but I do feel it is important to check yourself now and again to see if you are controlling your food or if your food is controlling you.

Sweets have become such a large part of the American diet and it really needs to be put in check. They have their place—trust me, I love sweets! However, they should certainly not be a main portion of our diets and if we are in control of our diets we can say “no” when we need to.

Now, I have found that we humans get “creative” when restrictions are placed on us. We find loop-holes and compensations...all sorts of clever ways to cheat the system. Don't cheat the system. Don't overeat in other areas. Don't eat foods that are really sweets but since they say “low-fat” or “sugar free” you feel okay about it. You will know if you are cheating or not. Don't. You'll be so glad you didn't.