

eat
THIS




not
THAT

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1. *Instead of soft drinks...*

- Home-made soda water with a slice of fruit for flavour

2. *Instead of fruit juices...*

- Try 10mm juice of choice with water

3. *Instead of lollies and sugar-filled sweets...*

- Whole fruit. Plain yoghurt...can be sweetened with natural alternatives such as raw honey etc. There are many healthy treats you can concoct without all the sugar

4. *Instead of traditional baked goods...*

- Learn to bake with almond meal, coconut flour etc.

5. *Instead of fruits canned in syrup...*

- Choose unsweetened varieties
- Eat whole fresh fruits

6. *Instead of 'low-fat' or 'diet' foods...*

- Choose full-fat and...
- Never drink anything with 'die' on it!

Some Names of 'Added Sugars'

Here are some of the many names manufacturers use to hide how much sugar is contained within a product...

Agave Nectar CORN SYRUP GALACTOSE **GLUCOSE** *Dextran*
Barbados Sugar Ethyl Maltol DEXTROSE Glucose Solids Golden Sugar
Barley Malt *Blackstrap Molasses* Date Sugar *Golden Syrup* **Honey**
Beet Sugar **Brown Sugar** Crystalline Fructose Demerara Sugar *Grape Sugar*
Cane Juice Crystals **Buttered Syrup** Florida Crystals Icing Sugar High-Fructose Corn Syrup
Cane Sugar *Molasses* Panocha Evaporated Cane Juice **Caramel** *Sugar*
CAROB SYRUP MUSCOVADO Raw Sugar Rice Syrup **TREACLE**
CASTOR SYRUP Refiner's Syrup Fruit Juice Sorghum Syrup **Invert Sugar**
ORGANIC RAW SUGAR **Corn Syrup** Diastatic Malt Diatase Maple Syrup **MALT SYRUP**
Fruit Juice Concentrate *Yellow Sugar* Confectioner's Sugar *Maltose* **TURBINADO SUGAR**



More Ways to Eliminate Sugar

- Drink water instead of soft drinks or juices and don't add sugar to your coffee or tea.
- Instead of sugar in recipes, try spices like cinnamon, nutmeg, almond extract, vanilla, ginger or lemon.
- Just be creative and use the Internet to find recipes. You can eat an endless variety of amazing foods even though you eliminate sugar and artificial sweeteners from your diet.



More Ways to Eliminate Sugar

- Avoid processed foods and packaged foods.
- Even foods disguised as ‘health foods’ can be loaded with added sugars.

Some Preferred Nutrient-Dense Sweeteners



Use only genuine real Maple Syrup, not the artificial kind.



Dates are particularly useful for sweetening by being slightly heated and mashed.

They contain iron, copper, selenium, calcium, and potassium... a very healthy option.

Use sparingly if trying to lose weight.



Most honey has been pasteurised with heat treatment, destroying the beneficial properties.

They most often include added sugar to make the honey even sweeter.

Opt for only 'raw' honey. If it's organic, that's an added benefit.

Stevia can be used straight from the plant or purchased as a powder or drops. It's 300 times sweeter than sugar. Use just one drop in a cup or glass..

Some Preferred Nutrient-Dense Sweeteners 'Stevia'

It contains therapeutic properties in controlling diet related diseases such as type-2 diabetes, cancer prevention, weight control and overall human health

Does not appear to have any negative health risks associated with consumption as do other sugar alternatives.



Stevia also contains anti-inflammatory & anti-cancer agents. (1)