
















WHOLE FOODS – Less Sugar; Don't Fear Healthy Fats!

There is a lot of information on this handout. Please remember, small changes matter!

	 FOODS TO EAT 	 FOODS TO AVOID 
BEVERAGES 	Water, coffee & tea (no sugar, cream fine). Discuss with your doctor whether you may have small amounts of alcohol, occasionally.	<u>Pop (regular and diet)</u> , fruit juice, smoothies (especially purchased), any drinks with added sugar.
MEAT, FISH & POULTRY 	Eat meats (any cut) and fish. Choose frozen and whole cuts to minimize cost. Canned fish in oil is an excellent choice. Tofu and tempeh are a good vegetarian option.	Fish sticks, chicken nuggets, anything breaded or processed (e.g., added sugars). Minimize processed vegetarian food.
EGGS 	Eat eggs any way you like!	
VEGETABLES 	Eat lots of vegetables, cooked any way you like (e.g., in butter, with cheese). Choose frozen to save money. Moderate root veggies (limiting / minimizing portions of potatoes, in particular).	Canned vegetables with added sugar. Frozen hash browns (contain trans fats). Fast-food and restaurant fried potatoes.
FRUIT 	Choose whole fruits, especially avocados, peppers, tomatoes, cucumbers and berries.	Fruit juices, most smoothies. Avoid fruit in excess. Limit dehydrated and dried fruits.
MILK PRODUCTS 	Full-fat (5-10%) PLAIN yogurt, cottage cheese, cheese and butter. Some full-fat milk (3.25%).	Sweetened yogurts or yogurt drinks; skim milk and other low-fat dairy. Cheese “products” (with sugar, etc.).
NUTS & SEEDS 	Any nuts; if diabetic, consider limiting cashews and pistachios. Pumpkin seeds & chia seeds; hemp hearts.	Nuts or seeds with sugar added.
BEANS & LEGUMES 	Edamame beans and lentils are likely best. If you decide to eat other types, choose small portions of whole beans and legumes. *If you have diabetes, monitor your blood sugar response.	Baked beans or canned beans with sugar.
FATS & OILS 	Olive oil, avocado oil, coconut oil, butter, ghee, animal fats. Olives.	Canola oil, margarine, vegetable oil, grapeseed oil.
SNACKS	Only snack if you are hungry! Choose fresh vegetables, hard-boiled eggs, full fat cheese, a small serving of nuts or dark chocolate.	Most processed/packaged items, including granola bars, puddings, commercial baked goods, ice cream.
BREADS & GRAINS 	If you do choose, always pick small portions of whole grains, like quinoa. Edamame or black bean pasta is a good substitute for regular pasta. Avoid processed grains as much as possible.	<u>Breakfast cereal</u> , pasta, rice, granola, bread, instant oatmeal.
SUGARS & SWEETENERS 	Use rarely and in small amounts. Fruit purees may be used in baking to add natural sweetness. <u>Ultimately sugar is sugar, whether you call it honey, maple syrup or fruit concentrate.</u>	High-fructose corn syrup, agave syrup (also a high fructose sugar); there are many different names for sugar.

ADDED SUGARS – Why is it so confusing?!

Reading labels can be incredibly confusing. To make sugar fall lower in the list of ingredients, many manufacturers will add sugar from multiple sources. Currently Canada does not separate added sugars from total sugars (some of which may be from naturally occurring sugars, e.g., in milk). Looking at Sugars on the nutrition label can still be helpful.

Added/free sugars go by many names; most types consist of glucose and/or fructose. High-fructose added sugars are more harmful; added sugars do NOT include whole fruits & vegetables. Unfortunately, many foods in the grocery store (~ 67%) have added sugar.²

The World Health Organization (WHO) recommends sugar represent <10% of daily calories, ideally <5%. This ideal level is roughly 6 tsp for women (24g), 9 tsp for men (36g) and 3 tsp (12g) for kids age 4-8.³

1. Sugar / Sucrose – “table sugar”	50% glucose and 50% fructose, bound together
2. High-Fructose Corn Syrup (HFCS) (Really, really bad.)	High-fructose corn syrup is produced from corn starch via an industrial process. It consists of varying amounts of fructose and glucose, but the most common type contains 55% fructose and 45% glucose.
3. Agave Nectar / Syrup (Really, really bad, marketed as good.)	Agave nectar, also called agave syrup, is a very popular sweetener produced from the agave plant. Often marketed as “healthy,” it unfortunately contains about 70–90% fructose, and 10–30% glucose.
4-37. Other Sugars with Glucose and Fructose	Beet sugar; Blackstrap molasses; Brown sugar; Buttered syrup; Cane juice crystals; <u>Cane sugar</u> ; <u>Caramel</u> ; Carob syrup; Castor sugar; <u>Coconut sugar</u> ; Confectioner’s sugar (powdered sugar); Date sugar; Demerara sugar; Evaporated cane juice; Florida crystals; Fruit juice ; Fruit juice concentrate ; Golden sugar; Golden syrup; Grape sugar; Honey ; Icing sugar; Invert sugar; Maple syrup ; Molasses ; Muscovado sugar; Panela sugar; Raw sugar; Refiner’s syrup; Sorghum syrup; Sucanat; Treacle sugar; Turbinado sugar; Yellow sugar
38–52. Sugars With Glucose These sweeteners contain glucose, either pure or combined with sugars other than fructose (ex. galactose).	Barley malt; Brown rice syrup; Corn syrup; Corn syrup solids; Dextrin; Dextrose; Diastatic malt; Ethyl maltol; Glucose; Glucose solids; Lactose; Malt syrup; <u>Maltodextrin</u> ; Maltose; <u>Rice syrup</u>
53–54. Sugars With Fructose Only	Crystalline fructose; Fructose
55–56. Other Sugars	D-ribose; Galactose

Tricky Foods (start looking at the labels and ingredients for items in your fridge and cupboards): ketchup and other bottled sauces, peanut butter (standard type), salad dressings, sweetened yogurt (flavored yogurts, yogurt drinks, yogurt in tubes), breakfast cereal.

“Much of the sugars consumed today are “hidden” in processed foods that are not usually seen as sweets. For example, 1 tablespoon of ketchup contains around 4 grams (around 1 teaspoon) of free sugars. A single can of sugar-sweetened soda contains up to 40 grams (around 10 teaspoons) of free sugars.”³

Trans fats (NOT healthy fats): Trans fats are found in highly processed products including fried foods (outside the home) and many processed/packaged foods in the middle section of most grocery stores (crackers, cookies and other snacks, chips, frozen pizza crusts, doughs in a can, creamer, some margarine, etc.). Canada has recently banned trans fats but, keep in mind, these highly processed products are still not real food.

Sweeteners: If using artificial sweeteners, do so infrequently and in small quantities. Artificial sweeteners may impact insulin, worsen cravings and stall weight loss. *If diabetic, check your blood sugar response when using any artificial sweeteners.

References:

1. Most information in this handout adapted from: <https://authoritynutrition.com/56-different-names-for-sugar/>
2. [Acton RB, Vanderlee L, Hobin EP, Hammond D. 2017. Added sugar in the packaged foods and beverages available at a major Canadian retailer in 2015: a descriptive analysis. CMAJO. 5\(1\): E1-E6.](#)
3. WHO press release: <http://www.who.int/mediacentre/news/releases/2015/sugar-guideline/en/>