

Breaking Up With Sugar

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#1 Drink more water

- Stop drinking soda and sugary beverages, and don't replace with diet versions
- Water is what you were born to drink.
- Your requirements are 1/2 of your weight in ounces each day



Divided by 2 =



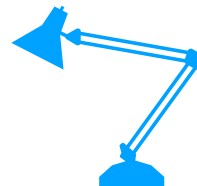
- Dilutes the blood
- Conducts electricity—nerve impulses and muscle contractions
- Flushes out metabolic waste products and toxins
- Keeps cells hydrated so they can operate efficiently

#2 Learn to live with less. Know your limits--they affect your health.

- Limit sweet treats to no more than twice a week—this isn't deprivation.

Limit your Intake

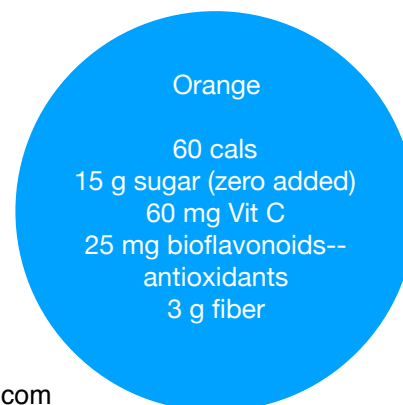
Women	24 g	6 tsp
Men	36 g	9 tsp
Children	9 g	2 tsp



- Plan a sweet treat for two days of the week. Choose something that gives you the most joy.
- Control portion size.
- One half to one cup or about 200 calories from a sweet treat is a good limit.

#3 Stop stressing about fruit!

Mother Nature packages fruit in CONTEXT. Fruit sugar is consumed with a myriad of other nutrients that fight cancer and heart disease. Mother Nature's sugar is a great stepping stone to a sugar free life! Include 2-3 pieces or cups of fruit each day.



Orange

- 60 cal
- 15 g sugar (zero added)
- 60 mg Vit C
- 25 mg bioflavonoids--antioxidants
- 3 g fiber



Skinny Vanilla Latte

- 120 cal
- 8 g sugar--added
- Sucralose
- 0 fiber

Remember that sugars as a class of nutrients are fuel, and if you aren't using the fuel you consume that's a big problem whether from sugar, fat or to a lesser extent protein.

Practical steps everyone should take:

Read the labels in your fridge and pantry. Toss out any products that contain sugar that simply shouldn't:

- Salad dressing
- Yogurt
- Pasta sauce
- Soups
- Broths---yes broth
- Packaged mixes: rice, pasta, soup, seasonings
- Cereals with more than 2-5 g sugar per 1 cup serving
- Crackers
- Frozen meals
- Frozen waffles, french toast, pancakes
- Anything else you find that is not a sweet treat

Sweet treats: either toss them out or severely limit. If it's around, your brain will suggest you eat it.

- Keep honey and 100% fruit spreads, toss jelly, jams, preserves--unless homemade with love
- Cookies--toss them
- Ice cream--toss it, replace with 1 pint of favorite flavor preferably non-dairy and lower in sugar--may have in 1/2 cup portion twice a week
- Dark chocolate--keep it! 72% or darker cacao is lower in sugar/higher in flavanols
- Caramelized nuts--toss them
- Baking mixes--keep them if no added sugars
- Cake/cookie mixes--toss them
- Candy--toss it, even if made with natural sugars

Hidden simple carb and might as well be sugar--toss it:

- Veggies sticks--rice flour with veggie powders
- Potato chips--root chips may be kept
- Crackers made with refined flours (white stuff, orange stuff too)
- Cereals containing refined flours, even if they boast whole grain
- Cereal bars
- Protein bars with added sugars or artificial sugars or excessive dates

Sugar by other names:

Anhydrous dextrose
Brown sugar
Blackstrap molasses
Cane juice crystals
Coconut sugar
Carob syrup
Cystalline fructose
Corn syrup
Beet sugar

Cane sugar
Dextrose
Date sugar
Fruit juice
Golden syrup
Honey
Maple syrup
Molasses

Nectars
Raw sugar
Rice syrup
Sucrose
Sorghum syrup
Treacle sugar
Turbinado sugar