

## Embrace a No Sugar lifestyle

### Obvious Sources Of Sugar

Soda. Alcohol. Juice. Milk. Bai Drinks. Sports Drinks  
Artificial Sweeteners: glucose, maltodextrin, dextrin, sorbitol,  
Sugar. Molasses. Maple Syrup. Coconut Sugar. Agave Nectar  
High Fructose Corn Syrup. Honey  
Baked Goods  
Fruits

### Hidden Sources Of Sugar

Grains (corn & wheat). Sprouted Grains. Pasta. Bread  
Processed Foods. Lunch Meats  
Root Vegetables (potatoes of all kinds, beets, carrots, squash)  
Tortillas  
Beans of all kinds  
Lentils of all kinds  
Crackers of all kinds  
Corn. Quinoa  
Rice, brown & white  
Condiments  
Dairy. Milk. Yoghurt. Cheese. Whey Protein

### Best Sugar Alternatives

STEVIA  
MONK FRUIT  
BIRCH XYLITOL

### Best Low Sugar Fruits

BLACKBERRY      LEMON  
ELDERBERRIES      LIME  
RASPBERRY  
STRAWBERRIES  
BOYSENBERRY

### FOODS TO ENJOY

ASPARAGUS      CAULIFLOWER  
AVOCADO      EGGPLANT  
BROCCOLI      OLIVES  
BRUSSEL SPROUTS      PESTO  
CABBAGE      SAUERKRAUT  
CUCUMBER      REDDISH  
GREEN BEANS      PEPPERS  
LEAFY GREENS      NUTS  
MUSHROOMS      CELERY  
PEPPERS      CHIA SEEDS  
SPINACH      BUCKWHEAT  
TOMATOES      EGGS  
ZUCCHINI      FISH  
GARBANZO BEANS      ONION  
ORGAN MEATS      S SQUASH  
PEAS      LEEKS  
COCONUT OIL & FLAKES  
GOAT MILK & CHEESE      GARLIC  
VEGANNAISE  
GRASS FED MEATS  
LILY'S CHOCOLATE



# Sugar Alternatives



## Conversation / vrs cane sugar

## How to use

**Stevia Extract**

1/2 tsp = 1 C

Stevia is extremely sweet. Add small amounts to taste.

**Coconut Palm Sugar**

1 to 1 replacement

1 to 1 replacement

**Sweet Yacon Syrup**

Use in small doses

Use in small doses. Flavor is similar to caramel, molasses & maple syrup . does not spike blood sugar

**Pitted Dates**

1 to 1 replacement

Puree 1 C of pitted dates and 1/2-1 C hot H2O to make a spreadable paste.

**Molasses**

65% as sweet as sugar

Add to sugar alternatives to make brown sugar

**Maple Syrup**

3/4 to 1 replacement

Reduce the dominant liquid by 3 T for each Cup of maple syrup used

**Xylitol**

1 to 1 replacement

For a powder sugar version put Xylitol in the food processor and pulse until powdered.

**Raw Honey**

3/4 to 1 replacement

Reduce the dominant liquid by 1/2 C for each Cup of honey used. Lower baking temp by 25 degrees. watch the time carefully (will brown faster).

**Monk Fruit**

1/3 to 1 replacement

Best used as a substitute for sugar in sauces, dressings, and beverages.