

Nutrition for life!
#loveyourhealth

5 STEP
GUIDE TO
QUITTING
SUGAR

**LOW CARB
LIVING**

EBOOK

Welcome and thank you for choosing to improve your health by choosing this 5 step guide.

In this eBook, we specifically focus on sugar education and provide you with an easy to follow guide so you can focus on cleaning up your nutrition and reduce or eliminate a non-essential nutrient known as 'sugar'.



Hi, My Name is Danielle and I am an Accredited Practising Dietitian at Nutrition for Life Healthcare.

I along with the team have put together this 5 step guide to make it easy for you to understand the places sugar is found and ways you can start to reduce your intake across each of these areas.

This is a safe guide to use but at any stage, you have specific questions then feel encouraged to contact our qualified team for more direction.

Email to: info@nutritionforlifehealthcare.com.au

Did you know that there is no nutritional value in sugar?

Quitting sugar has many positive effects on the body including weight loss, reduced inflammation more stable blood sugar levels, less tooth decay, and a healthier gut.

Once you can manage living sugar-free you will experience higher quality energy levels and improved sleep.

Some other key facts about sugar and why we should give it up:

- Sugar Promotes Fat Storage and will prevent you from successful weight loss
- Sugar Contains No Essential Nutrients and is Bad For Your Teeth
- Overloading The Liver With Sugar Can Cause Non-Alcoholic Fatty Liver Disease
- Sugar Can Cause Insulin Resistance, a Stepping Stone Towards Metabolic Syndrome and Diabetes
- Sugar will not help you prevent or repair a cancer diagnosis

Sugar targets the pleasure centre of the brain triggering a spike in feel-good chemicals like dopamine, making it just as addictive as tobacco or even cocaine. The more sugar you have the more you will want and cutting it out of your diet can produce powerful cravings making giving it up not the easiest task!



**Global Western Culture
consumption of sugar is on
average 19 teaspoons per day.**

Overview of this Program

This 5-step guide is to help you drastically reduce and eventually quit sugar. This guide will teach you all the places where sugar is found and provide you with realistic time-frames you need to commit to in order to gain the benefits from a non/ reduced sugar lifestyle.

Eventually, super sweet foods will become unappealing to you. You might come to find that foods like sweet potato, pumpkin, corn, and beetroot are capable of giving you all the sweetness you need!

This short course is designed to assist in tackling your sugar addiction in a step by step fashion with specific actions along the way.

Be prepared to fail. And not just once. But be prepared to start again each time. Try to remind yourself of the multiple benefits giving up sugar will have for your overall health!

Each day you will receive a new step. Themes for each day of the program are as follows:

- 1. Avoid obvious sweet tasting foods from your diet**
- 2. Eliminate the hidden sources of sugar from your diet**
- 3. Learn about unrefined sugars**
- 4. Learn about what alternative sweeteners you may use**
- 5. Understand what a sugar-free lifestyle looks like**

Note:

Detoxing from sugar is not an overnight event. This is something you need to throw yourself into and take seriously and with the mindset that the early stages of change will be tough but worth it.

5 STEPS...

Quit Sugar for Life!

*Nutrition
for Life*



THE OBVIOUS

THE HIDDEN



THE NATURAL



THE ALTERNATE



THE SUGAR-FREE



START YOUR SUGAR FREE LIFE TODAY!

STEP 1



"Avoid obvious sweet tasting foods from your diet"

Avoiding and eliminating all sweet tasting foods from your diet may sound simple but if you are someone that does currently eat a lot of these food items then this is going to make a huge difference to your health!

Sweet sugary foods are also usually highly processed and contain many other additives and chemicals that are no good for our bodies so it makes sense to ditch them altogether.

Here is a full list of what you need to be steering clear of first:

Soft/fizzy drinks and Cordials

Chocolate

Lollies and Confectionary

Biscuits

Cakes

Pastries

Ice-cream

Icy-poles

Flavoured Yogurts including frozen yoghurt

Flavoured Milks

Fruit Juice, Dried Fruit, and Tinned Fruit in syrup

Jam and sweet spreads



Overcoming cravings for these foods:

It is perfectly normal to experience sugar cravings. The initial reduction in sugar intake is likely to increase your desire for something sweet. Should this occur try to opt for some whole fresh fruit when cravings hit? But keep in mind that 2 serves of fruit per day should be a limit. Cravings should generally settle within 1-2 weeks.

Actions for Step 1

- 1) Remove all sweet tasting items from sight. Clear out your pantry, fridge, desk, car etc. Out of sight out of mind!
- 2) AVOID! Completely avoid the confectionary/soft drink/ junk food isles at the supermarket and other shops that may sell sweet treats. little bit of body text

Time Frame for Step 1

Perfect this step for 3-4 weeks.

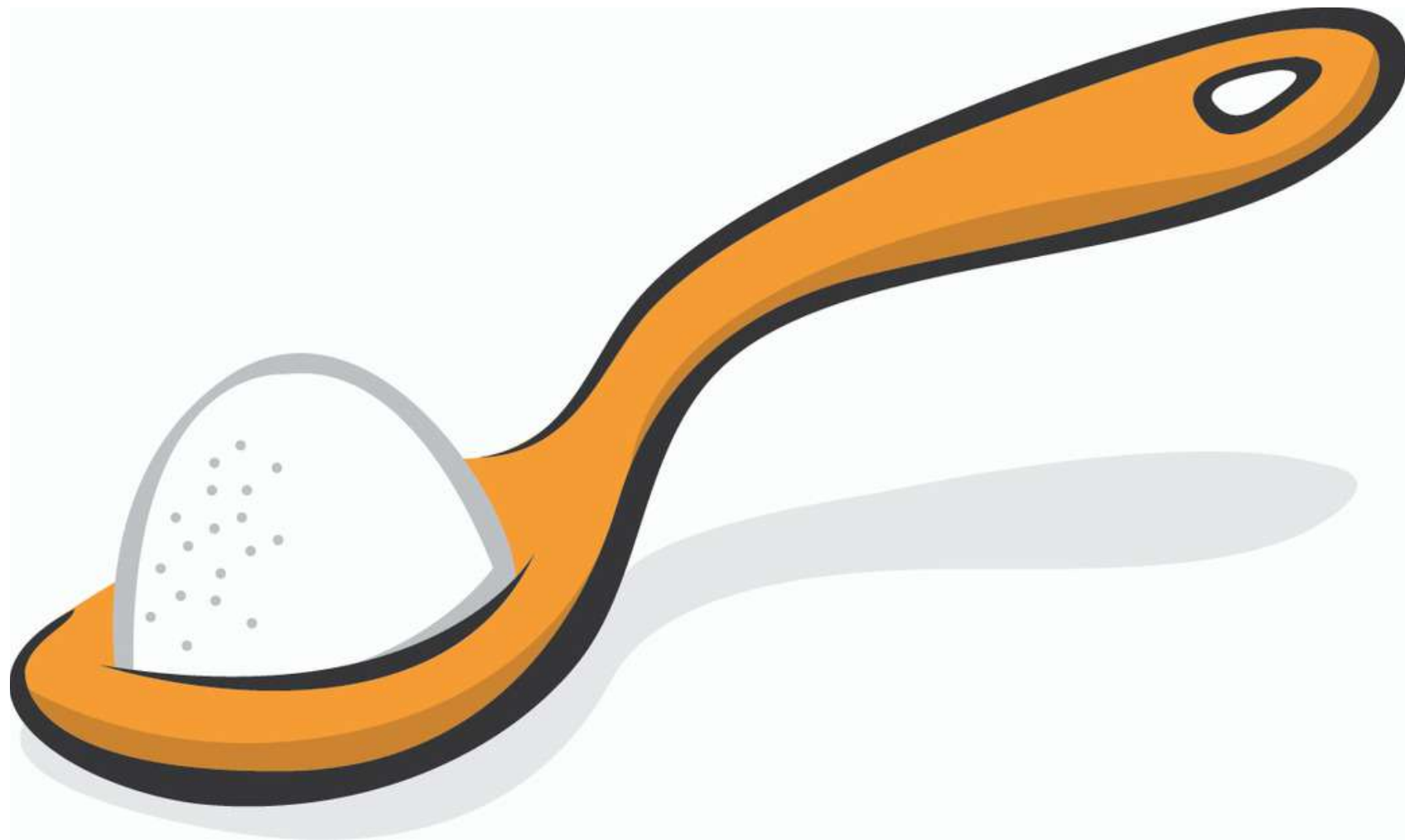
Set Your Own Personal Goals

Start by setting some goals for yourself. For example, if you are someone that eats chocolate every day, your goal for week 1 might be to simply give up chocolate. Then in week 2 you can focus on a few more items (perhaps soft drinks and biscuits) and then cut all sweet items from your diet in week 3. Don't beat yourself up if it takes you longer than 3 weeks to perfect step 1 though. Everyone is different and some may find this more challenging than others! Just try your best!

Click on the YouTube play button to watch Dietitian Danielle's step 1 video.



STEP 2



"Eliminate the hidden sources of sugar from your diet"

Your daily intake of sugar will quickly add up when hidden sugars are involved!

The key to eliminating hidden sugars from your diet is reading your food labels!

Hidden sugars can be found in so many products so understanding how to read your labels will help in continuing to reduce unwanted sugars from your diet. If you are consuming ANYTHING out of a packet you should check the ingredients list on the food label.

Did you know that sugar has many names? This can make finding hidden sugars really confusing. If any of the following names appear in the ingredients list then this means the product has added/hidden sugars and you should avoid it.

Here is a full list of different types of added sugars:

Barley malt, beet sugar, brown sugar, buttered syrup, cane juice crystals, cane sugar, caramel, corn syrup solids, confectioner's sugar, carob syrup, castor sugar, date sugar, demerara sugar, dextran, dextrose, diastatic malt, diastase, ethyl maltol, fructose, fruit juice, fruit juice concentrate, fruit puree, galactose, glucose, glucose solids, golden sugar, golden syrup, grape sugar, high fructose corn syrup, icing sugar, invert sugar, lactose, maltodextrin, maltose, malt syrup, molasses, muscovado sugar, panocha, raw sugar, refiner's sugar, rice syrup, sorghum syrup, sucrose, treacle, turbinado sugar, yellow sugar



Actions for Step 2

1) To start pick a minimum of 3 packaged food items and check for hidden sugars – maybe a pasta sauce, tinned product, ready-made meal, or salad dressing.

2) Slowly start to check the ingredients list on every food you plan to consume. If you pick up a product at the supermarket and it has added sugars put it back and have a look at some other brands to see if they fare up better.

Time Frame for Step 2

Step 2 can be a little trickier to grasp than step 1 so you should spend at least another 3-4 weeks perfecting the way you read food labels.

Watch out for!

When eating out be careful of sauces, dressings, and other condiments served with your meal. Ask your waiter for the ingredients and if in doubt simply ask for it to be left off your meal.

Click on the YouTube play button to watch Dietitian Danielle's step 2 video.



Hidden Sugar Examples

Nutrition
for Life



Hidden Sugar Examples



Hidden Sugar Examples



STEP 3



"Learn about unrefined
sugars"

It is pretty clear that over the last decade white granulated sugar has become the ultimate villain in the world of healthy eating. In saying this, you have probably also heard that some of the more “natural” sweeteners like honey, agave etc. are better for you. The truth is somewhat less palatable.

White refined table sugar is dealt with by the pancreas whereas unrefined sugars are dealt with by the liver but despite this difference both ultimately have the same effect on the body. After digestion, both types of sugar result in a blood sugar spike which can, in the end, cause the body to store fat and promotes weight gain.

Eating unrefined sugars actually perpetuates your palate's taste for sweet things because many are actually sweeter than sugar! In the end making you more addicted to sugar! Below is a list of the key players to avoid.

Here is a full list of unrefined sugars to detox from:

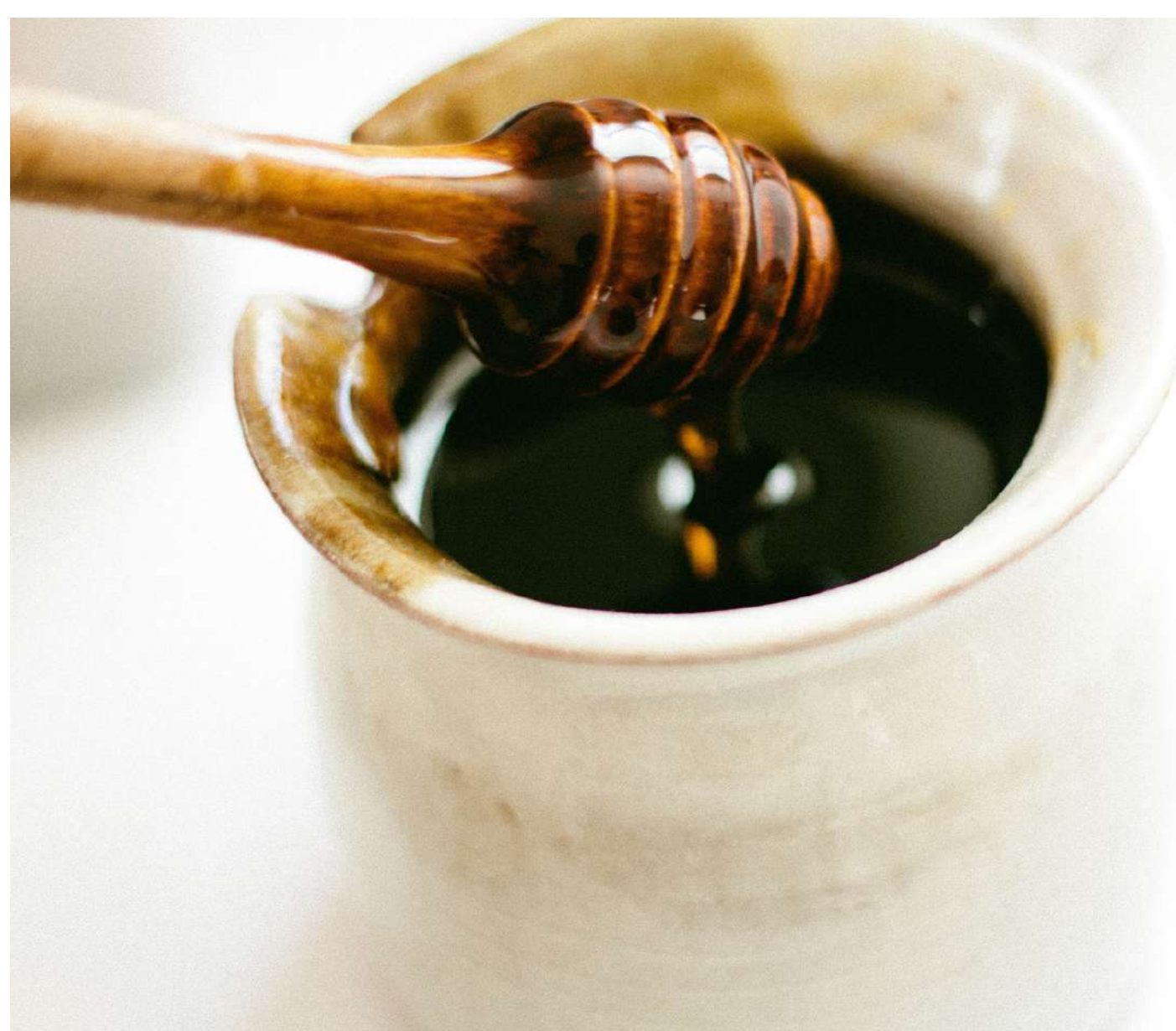
Honey

Agave

Rice malt syrup

Maple syrup

Coconut sugar



Actions for Step 3

- 1) If you are still including unrefined sugars in your diet it is now time to STOP. If you are cooking or baking with these sugars it is time to investigate other options.
- 2) Look back over your food labels again but this time also check for unrefined sugars.

Time Frame for Step 3

Spend another week getting yourself familiar with step 3.

Just beware of...

Many 'Paleo' branded recipes and products contain unrefined sugars (usually honey or maple syrup) so be extra cautious when checking these labels.

Click on the YouTube play button to watch Dietitian Danielle's step 3 video.



STEP 4



"Learn about what
alternative sweeteners
you may use"

Some alternative sweeteners can be used as a good stepping stone when quitting sugar but ideally shouldn't be relied on long-term as the brain can sometimes be tricked into thinking you are still eating sugar and therefore a similar physiological response occurs in the body after eating.

Alternative sweeteners can be split into three categories: artificial sweeteners, nutritive sweeteners, and natural intense sweeteners. Lets now break these down.

Artificial/non-nutritive sweeteners:

The use of these sweeteners must be declared on a label by Australian food laws and will be listed as their name or a 3 digit number. The most common are aspartame (951), saccharin (954), and sucralose (955).

Brands include Hermesetas, Equal, Sugarine, Splenda.

Products labelled as 'diet' or 'low joule' will usually contain these sweeteners as they are free from energy/kilojoules.

We would not recommend the use of these sweeteners as they are more chemical than they are food.

Nutritive sweeteners:

These sweeteners are derived from carbohydrates, contain less energy than sugar but are not kilojoule free. Common ones are isomalt, maltitol, mannitol, sorbitol, xylitol, and erythritol.

Sugar alcohols xylitol (derived from birch cellulose) and erythritol (found in pears, grapes and some fermented products) have no effect on blood sugar levels and may be used sparingly. Overconsumption may have a laxative effect and cause wind and diarrhoea so be careful. Be aware that xylitol is also highly toxic to dogs.

Natural intense sweeteners:

Stevia is recognised as the most 'natural' sweetener and has been used by South American tribes for centuries. It is derived from a plant, contains no kilojoules and is 200-300 times sweeter than sugar, therefore, quantities needed are very small.

Actions for Step 4

- 1) If you are weaning off sugar in your hot drinks using a small amount of stevia may help but should eventually also be weaned down slowly.
- 2) If replacing unrefined sugars in baking/cooking try using stevia, xylitol, or erythritol instead but again this should not become common practice and patience/experimentation will have to be employed with regard to getting quantities right.

Time Frame for Step 4

Ideally, you would try to adhere to step 4 and use this while working on steps 1-3.



Click on the YouTube play button to watch Dietitian Danielle's step 4 video.



STEP 5



"Understand what a
sugar free lifestyle looks
like"

Here are some helpful hints:

1) Crowd out the sugar with other healthy but satisfying foods! Fill up your plate up with loaded salads, stir-fries with plenty of meat and veggies, or comforting casseroles for example. And don't forget to add some healthy fats! They will help keep you full for longer so you are less tempted to snack on sugary foods.

2) Are you someone that used to use chocolate as a reward for achieving something? Change this reward system. You might get a massage, go see a movie, have a bath or read a new book/magazine instead.

3) Remove yourself from temptations. If your work lunch room is full of biscuits and cakes try to go outside to eat your lunch and soak up some vitamin D when you can! You might need to walk a different route to work to avoid the coffee shop that has the kiss biscuits you used to love.

4) What about those social situations that call for cake, like birthdays and weddings? These can be tricky as you may not want to sound rude declining a slice of cake your grandmother has spent 5 hours baking for you. This is a time where you may employ some flexibility and just opt for the smallest piece on offer. Or you just explain politely that you now live a completely sugar free life!

Click on the YouTube play button to watch Danielle's step 5 video.



Congratulations on completing your 5 steps to quitting sugar!

If you are already putting some of these principals into practice then you have taken a huge step in the right direction. Some of these habits will take time to change but you will be rewarded when they do. Set yourself some goals and stick to them.

Have you considered taking your health journey to the next level?

If this 5 step course has motivated you to take better care of your health, then you might be interested in finding out about our 30-Day Online Health & Weight-loss Program, where we guide and teach you step by step on how to create and maintain a healthy balanced lifestyle.

For more information on this, please visit our website. Click link below.

www.nutritionforlifehealthcare.com.au

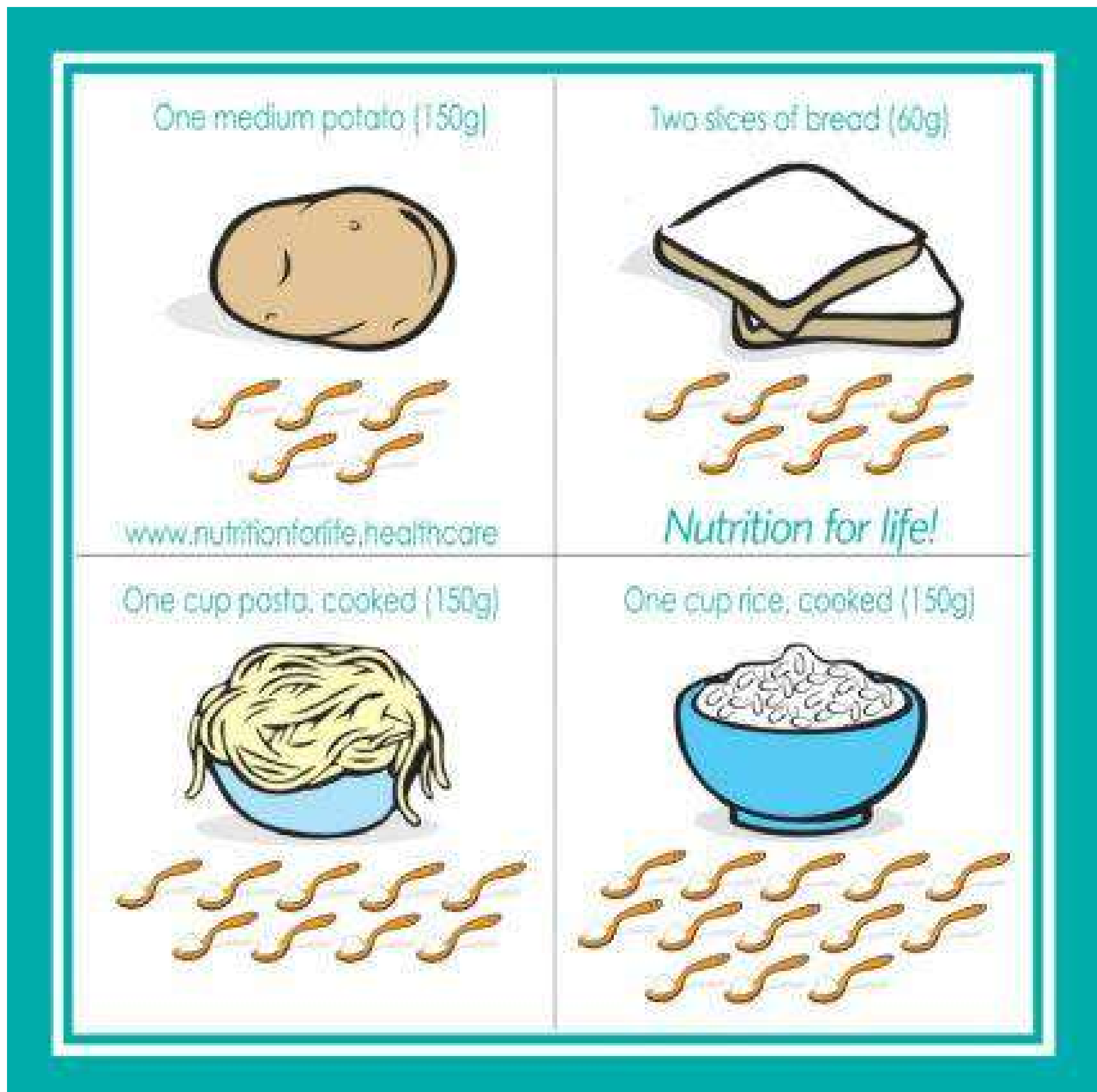
or email us,

info@nutritionforlifehealthcare.com.au



Next Steps...

Cut high carbohydrate foods



Continue making healthy changes with our online
Low Carb Program.

Check it out on our website.

www.nutritionforlifehealthcare.com.au