

Lowering/Eliminating Your Intake of Sugar

NEVER USE THESE:

Aspartame (Nutra Sweet, Equal)
Corn Syrup
Saccharine (Sweet n Low)
Sucralose (Splenda)
Truvia

WHAT ARE SOME SUGAR OPTIONS?

Blackstrap Molasses
Lucuma
Mesquite
Monkfruit
Raw Coconut palm sugar
Raw Dates
Raw Local Honey
Real Maple Syrup
Stevia
Sucanat
Yacon Syrup

PLANT BASED AND SHOULD BE USED OCCASIONALLY

Agave
Brown Rice Syrup
Erythritol
Fructose
Malitol
Xylitol

HIDDEN SUGARS *consider avoiding*

Barley Malt	Carob Syrup
Barley Malt Syrup	Corn Sweetener
Buttered Syrup	Corn Syrup
Cane Juice	Corn Syrup Solids
Cane Juice Crystals	Dehydrated Cane Juice
Caramel	Fructose

Fruit Juice Concentrate
Glucose
Glucose Solids
Golden Syrup
Honey
High Fructose Corn Syrup
Malt Syrup
Maltol
Maltose
Mannose
Maple Syrup

Molasses
Muscovado
Panocha
Refiner's Syrup
Rice Syrup
Saccharose
Sorghum Syrup
Sucrose
Sweet Sorghum
Syrup
Treacle

WHY YOU WANT TO CONSIDER REMOVING SUGAR FROM YOUR DAILY DIET.

1. Can suppress your immune system
2. Can cause hyperactivity, anxiety difficulty concentrating, and moodiness in children
3. Can raise your triglyceride levels
4. Can reduce your defense system against bacterial infection
5. Can reduce your high-density lipoproteins (HDL)
6. Can cause cancer of the ovaries
7. Can increase your fasting levels of glucose
8. Can weaken your eyesight
9. Can raise your level of a neurotransmitters such as dopamine, serotonin, and norepinephrine
10. Can cause hypoglycemia
11. Can produce acid in your digestive tract
12. Can quickly raise adrenaline in children
13. Can cause premature aging
14. Can cause tooth decay
15. Can contribute to obesity
16. Can increase your risk of Crohn's disease
17. Can increase your risk of ulcerative colitis
18. Can cause asthma
19. Can cause gallstones
20. Can cause heart disease
21. Can cause appendicitis
22. Can cause multiple sclerosis
23. Can cause hemorrhoids
24. Can cause varicose veins
25. Can lead to periodontal disease
26. Can contribute to osteoporosis
27. Can cause your saliva to be acidic
28. Can cause a decrease in insulin

29. Can lower your Vitamin E in your blood
30. Can decrease your growth hormone
31. Can increase cholesterol
32. Can increase your blood pressure
33. Can cause your children to be drowsy once they come down from the high
34. Can cause your children to have a decreased level of activity
35. Can interfere with protein absorption
36. Can cause food allergies
37. Can cause toxemia in pregnancies
38. Can contribute to eczema in children
39. Can increase the size of your liver
40. Can increase your fluid retention
41. Can interfere with healthy bowel movements
42. Can damage your pancreas
43. Can cause migraines or even headaches
44. Can cause pancreatic cancer in women
45. Can cause learning disorders in children
46. Can cause depression
47. Can increase your risk of gout
48. Can contribute to Alzheimer's disease
49. Can cause hormone imbalance
50. Can lead to dizziness
51. Can cause free radicals and oxidative stress
52. Can be as addictive as cocaine
53. Can make PMS worse
54. Can increase your risk of polio
55. Can increase the amount of food you eat
56. Can cause prostate cancer
57. Can increase your risk of breast cancer
58. Can cause constipation
59. Can increase the risk of stomach cancer
60. Can cause liver tumors

Resourced from Nancy Appleton, PhD; www.nancyappleton.com