

What you need to know about Sugar

Sugar is a natural ingredient that has been part of our diet for thousands of years. Sugars are carbohydrates that provide energy for the body and can be part of a balanced diet in small amounts. For anyone trying to lose weight and curb sugar addictions, it is important to significantly reduce sugar intake. Some sugars (also called sucrose) are found naturally in foods like fruit, vegetables and milk, while others are used during cooking.

The body does not distinguish between the different types of sugar and breaks them down to glucose in exactly the same way. For example, the sucrose in an apple is broken down in the same way as granulated sugar and becomes the first fuel your body burns.

Common Sugar:

Sucrose is the sugar that you traditionally use in your homes to add to coffee or for baking – granulated, superfine or confectionary sugar. Brown sugar is a combination of sugar and molasses. Sucrose is extracted from sugar cane or sugar beet and also naturally present in most fruits and some vegetables.

- Fructose and glucose are found in fruits, vegetables and honey
 - ☛ High fructose corn syrup is a derivative of corn used in many foods because it is cheap
- Lactose is commonly called milk sugar because it is found in milk and dairy products
- Maltose is also known as malt sugar and is found in malted drinks and beer

Natural Sweeteners:

Examples include honey, maple syrup, rice malt syrup, agave nectar. Natural sweeteners are sugar-based products and are becoming more popular in recipes because they are natural and flavorful. However, they still contain a large amount of calories and carbs and must be moderated to maintain weight.

Fruits:

When you reach your goal weight and are on maintenance, fruit is recommended as your primary source of sugar because they are vitamin-dense and high in fiber. During weight loss, however, fruit can stand in the way of burning fat for fuel.

**SUGAR IS
EIGHT TIMES
AS ADDICTIVE
AS COCAINE.**

**Beware
“fat free” options,
they can have
more sugar than
their original
version. Choose
lower sugar.**

What you need to know about Sugar Substitutes

There has been controversy about whether artificial sweeteners are good or bad. In July 2012, the American Heart Association and American Diabetes Association issued a Scientific Statement that said “Smart use of artificial sweeteners could help you reduce added sugars in your diet, therefore lowering the number of calories you eat. Reducing calories could help you attain and maintain a healthy body weight, and thereby lower your risk of heart disease and diabetes”.

Artificial sweeteners are low or zero calorie products, made in labs, used instead of sugar to sweeten foods. They are exponentially sweeter than sugar – just a little goes a long way. They are used in diet sodas, processed foods, and many ready-made meals.

- **Aspartame:** Aspartame is one of the most common sweeteners and is sold under a variety of trade names including NutraSweet, Equal and others.
- **Saccharin:** Discovered in 1879, saccharin was the first artificial sweetener. Sold as Sweet’N Low and Sucron, it is up to 300 times sweeter than sugar.
- **Sucralose:** Discovered in 1996, sucralose is much sweeter than both saccharin and aspartame and more heat stable. Sucralose is sold under the brand names Splenda. Many Hello Healthy Box products contain Sucralose to provide sweet taste.
- **Sugar alcohol:** A type of sugar substitute popular with food manufacturers, sugar alcohol is available in various names like Erythritol. They don’t affect your blood sugar level as much as common sugar.

Cooking with sugar: During Weight Loss phase and Maintenance phase, we recommend the sugar substitutes below. You can find many great Low Carb recipes online.

Our go-to sweeteners

Stevia



Splenda



Swerve



Erythritol



Why it is important to keep blood sugar steady

Maintaining blood sugar levels within a healthy range is very important for your health. Dangerous blood sugar swings can lead to fatigue, weight gain and more serious health complications such as diabetes and coronary heart disease.

Blood sugar level is raised by glucose, the sugar we get primarily from eating foods that contain carbohydrates. Factors that contribute to blood sugar levels include:

- how many carbohydrates and added sugar you eat
- stress can elevate cortisol levels, which interferes with our insulin hormone
- the timing of meals can also affect how the body manages blood sugar



Sugars contain many calories and lack essential nutrients. For this reason they are “empty calories” providing short term, temporary energy.

What you can do to keep your blood sugar steady

- ✓ Eat a balanced diet low in carbs
- ✓ Eat on a routine that guards against blood sugar swings
- ✓ Plan ahead to avoid sugar crashes
- ✓ Regular exercise reduces cortisol
- ✓ Get enough sleep
- ✓ Reduce stress through yoga, meditation and activities you enjoy

Can't fight the feeling anymore?

What happens when temptation gets the best of you? You have done everything to say “no”, avoid the situation, fill up on protein...and yet, you still end up face-to-face with your sweetest desire. Humans have a natural predilection for high-fat, high-sugar foods, and if those ingredients are combined into one magical dish, resistance is practically futile.



This is your body on cake

- We digest cake almost immediately because it's composed primarily of simple sugars that are digested quickly. This causes a huge **rush of glucose**.
- After the sugar rush, blood sugar levels drop dramatically, triggering the release of **stress hormones**.
- If there's any extra glucose it gets stored as **FAT**. Unless you did some sort of high intensity exercise afterward, chances are it will be stored as fat.

You already know that sugar is highly addictive. Junk food causes a surge of pleasure hormones

like dopamine and serotonin, so eating it actually feels good — at least for a little while. Your body rewards and punishes you for consuming junk food!

Hey, we are human. A little sugar once in a while, especially on special occasions, won't harm you when you achieve your confident weight. Until then, consuming junk food will kick your body out of fat-burning mode, sabotaging your weight loss for several days. More importantly, you run the risk of returning to the cravings and sugar habits that caused you to gain weight in the first place because

...**you can't fight the feeling!**

Over-consuming sugar can kick your body out of fat burning mode and it can take 2-3 days to get back in the mode.