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# Sugar in Disguise

How is sugar hiding in our food?

How about sweeteners?

Why are they to be avoided?

What are the alternatives?



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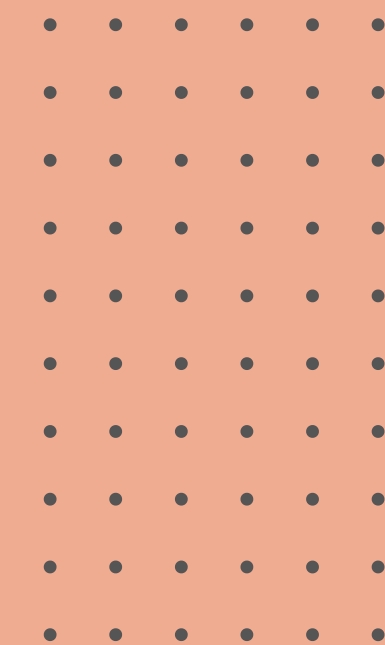


# Hidden sugars

*Going to the store and buying "healthy" products, especially snacks, can be very daunting.*

The food industry makes it very hard for us to know exactly how much added sugar is in the product.

And what is worse is the use of sweeteners that come in so many different names





# Reading labels

Reading food labels is one of the most crucial factors that can contribute to your health. By understanding nutritional information, you'll be able to make healthier choices.

Sugar, on the other hand, is listed separately and is included in the total grams of carbs. It includes both naturally occurring sugars (like those found in fruit) and added sugars in syrups and processed foods and beverages. Try to limit added sugars.

8 servings per container	Serving size 2/3 cup (155g)
Amount per serving	<b>230</b>
<b>Calories</b>	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>7%</b>
<b>Sodium</b> 160mg	<b>13%</b>
<b>Total Carbohydrate</b> 37g	<b>14%</b>
Dietary Fiber 4g	
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 8mg	<b>45%</b>
Potassium 240mg	<b>6%</b>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used as a general nutrition advice.	



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# So many faces but same composition

Here is a list to the many faces of sugar that we should be avoiding

Sugar and all its faces are guilty of spiking our blood sugar levels in a short period of time causing the body to react rapidly to get rid of it very fast.

This results in low blood levels instead, making the body crave food and more sugar again, affecting our energy levels and mood. It is also implicated in driving weight gain, especially belly fat, insulin resistance and low-grade inflammation.

- ✗ Sugars: brown, coconut, date granulated, raw, turbinado
- ✗ Cane Sugar, cane juice, evaporated cane juice
- ✗ Caramel
- ✗ Dextrose, fructose, glucose
- ✗ Invert Sugar
- ✗ Lactose, maltose, sucrose
- ✗ Maltodextrin, malitol
- ✗ Molasses
- ✗ Syrups: corn, brown rice, cane, fructose, fructose-corn flavored etc.





# Why is sugar addictive

*High-sweetened foods activate the pleasure receptors in the brain much like addictive drugs. It gives us the "feel good" feeling. We get a rush in dopamine, the desire and pleasure neurotransmitter.*



With constant eating of sugary foods, our dopamine receptors become tolerant and require more of sugar to produce this same "good" feeling, and we become addicted to it with an increased need all the time.



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# Artificial Sweeteners

✕ Acesulfame, Advantame, Aspartame, Neotame

✕ Dulcin, Glucin

✕ Equal

✕ Erythritol, Sorbitol, Xylitol

✕ Nutrasweet

✕ Nutrinova

✕ Saccharin

They also activate our dopamine receptors in the brain and can lead to sugar addiction

They are also considered toxic, foreign to our bodies, resulting in a wide range of problems because of their inflammatory nature.



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# Artificial Sweeteners

✗ Splenda

✗ Sucralose

✗ Sweet'N Low

✗ Sweetmyx

✗ Truvia

✗ Twinsweet



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# Alternatives

*Nutrient-dense whole foods that come from the ground or an animal*

Make the switch to whole foods and whole grains

Eat more balanced meals with more protein and moderate fat to stabilise blood sugar and end the cravings.

Eat more fruits and sweet veggies



Contact us for more tips and advice @ [nurture2wellness.org](https://nurture2wellness.org)