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What to Eat, Short and Sweet

Step Three: Stop the Sugar

You're already reading labels, and you are eating real food, including 2.5 cups of vegetables most days. You stopped drinking calories. You cut out the crap (fried food, junk food, and unknown chemical ingredients)! You are doing awesome! Steps 1 and 2 have set you up for success. Here's the next step:

- 1. Eliminate all packaged food that has added sugar and fake sugar. It will be listed in the ingredient list. See below for the other "aliases" for sugar.**
- 2. Limit grains to 100% whole grains, about 1 serving per day (½ cup or 1 slice of bread). Replace some grains with vegetables, proteins and fat.**

"High blood sugar triggers a reaction called glycation, the biological process whereby glucose, proteins, and certain fats become tangled together, causing tissues and cells to become stiff and inflexible, including those in the brain." – Dr. David Perlmutter in *Grain Brain*

The "Blood Sugar Roller Coaster" leads to weight gain, obesity, insulin resistance, diabetes, high blood sugar, high cholesterol. There are more and more scientifically-proven links between a high-sugar diet and the really scary stuff - Alzheimer's Disease (becoming known as Type 3 Diabetes).

Qualified medical professionals have written many wonderful websites and books explaining what sugar does to our bodies and metabolic system. To go deeper, please visit the Resources page at choosejoyfulhealth.com/resources. To keep it short and sweet, trust me that the #1 thing you can do to improve your health is stop eating sugar. You may ask why Stopping Sugar is Step 3. That's because you need the support of eating real food and eating lots of vegetables to get through the detox process.

Let's say you are willing to take the future risk of diabetes or losing your mind. Stay here and now with your current health - if you just want to look and feel good, stop sugar to achieve and maintain healthy weight and to have daily energy to do what matters.

Most people say, "I don't eat much sugar..."

They are thinking about dessert. I have found that most people are in complete denial about how much sugar they consume. The truth is sugar is hiding everywhere, not just in things that taste sweet. If you eat anything that comes in a package, or you eat in restaurants, you are likely eating more sugar than you realize.

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The only way to know is the READ THE LABEL, every single time.

Here's how to recognize sugar in its many disguises.

These sugars might sound healthy, but they are just other forms of sweeteners. Avoid: fruit juice concentrate, evaporated cane juice, rice syrup, barley malt, beet sugar, sorghum syrup, crystalline fructose, fructose, molasses.

Sugar alcohols are used in diet foods and diabetic foods, and even in chewing gum. The words often, but not always, end in -OL. Stay away from: erythritol, ethyl maltol, glycerol, isomalt, lactitol, maltitol, mannitol, [sorbitol](#), xylitol, and hydrogenated starch hydrolysates (HSH).

Sugar might be disguised as: galactose, maltodextrin, caramel, diastase, glucose, invert sugar, sucrose, dextrose. There are many more names.

Sugar is hiding in bread, cereal, all packaged pastries, dried cranberries, peanut butter, crackers, soups, baked beans, pasta sauce, canned beets, ketchup, salad dressings. You cannot be too vigilant with the labels!!

Sugar is an ADDICTION. View this WebMD slideshow at <http://www.webmd.com/diet/ss/slideshow-sugar-addiction>.

You will likely go through a phase in which you crave sugar, especially when you are tired. Rest when you are tired. Drink water. Eat Real Food when you are hungry.

Let's talk about Carbohydrates, Grains and Gluten.

Carbohydrates and grains, specifically wheat and other gluten-containing grains, have been a huge source of controversy in recent years, and people can be quite dogmatic about their views on the subject. I'm not pushing Paleo, Primal, Atkins, Grain Brain, Wheat Belly, South Beach, or any other set of rules. I'm not going to tell you how many grams of grains and carbs you should eat daily. And I'm not going to tell you to rule out an entire food group for the rest of your life.

Here's what you need to know about Grains and Gluten:

- Even whole grains raise blood sugar.
- A portion of grains is 1/2 cup or 1 slice of bread.
- Modify grain intake from 3-5 times per day to 3-5 times per week. (Aim for no more than 1-2 per day, and try to have a couple of days grain-free.)

Many people are sensitive to gluten, which can produce a wide range of symptoms, including fatigue, headaches, muddy thinking, mood swings, joint pain, digestive discomforts and many others. I'm not going into a discussion of gluten-free diet here. If you have symptoms (of anything!)

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experiment with three weeks off gluten. See the **Resources section at Choosejoyfulhealth.com/resources** for books and websites that can guide you.

Glycemic Load

Educate yourself about the Glycemic Load of foods by using this site:

Harvard University Health Publications – Glycemic Load of 100 foods – Use this to get an idea of the how a serving of food will impact blood sugar levels.

http://www.health.harvard.edu/healthy-eating/glycemic_index_and_glycemic_load_for_100_foods.

http://www.mendosa.com/gi_by_gl.pdf

The glycemic load charts provide guidance based on serving size. You already understand that cabbage has fewer starches and carbs than potatoes, and therefore, it is easier for your body to maintain even blood sugar levels. For example, the same serving size (150 grams, almost a cup) of white rice has a glycemic load of 43 while quinoa is 13.

Don't rely on glycemic load to tell you if a food is healthy, though. Diet Coca-Cola has a lower glycemic load than apple juice. If there was nothing else to drink, I'd pick apples over chemicals every time! As your taste buds adapt to fewer added sugars, you will not even need the glycemic load chart. You can taste the sweetness in natural foods and figure it out for yourself.

Don't worry about foods that have natural sugars, like fruits, milk and yogurt.

If a food is a real, whole food and doesn't come in a package, don't worry about it. Don't eat pineapples, bananas and watermelon all day long, but don't worry about a couple of servings of fruit per day. Milk and yogurt have natural sugars. If you are eating real, whole fat, organic dairy, just be smart about your serving sizes (about 1 cup) and don't worry about it.

What about HONEY? It's good for you, right?

Honey does have many health benefits, especially when from your local bees. That said, your body views honey the same as it does all the other sugar forms. It still spikes your blood sugar. A little goes a long way.

What about fake sweeteners like Splenda, NutraSweet, Aspartame?

Not real food. Just say no. Stevia is OK.

Carb-reasonable and carb-tolerance spectrum

Dr. Mark Attia (www.EatingAcademy.com) proposes a “carb tolerance spectrum” to explain why some people can eat all the carbs they want with a healthy weight, and others gain weight when they eat carbs.



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It makes sense to me that we are all unique. That said the research is so strong that I recommend that you eliminate all added sugars and be mindful about grains...for weight loss, do your best to limit to one serving of grains per day, and take a couple of days off grains completely.

The Good News

- Real, Whole Foods is the key, as you already learned.
- Your taste buds adapt. After a while foods you ate in the past will taste *too sweet or too fake*.
- You will feel better; this supports your choices.
- Eating is a choice, behavior, and a habit. You are in charge.
- If you need to lose weight, stopping sugar will help you will do it.
- My #1 action for health = stop eating sugar.
- Of course it is OK to have a sweet food every once in a while. Enjoy your life! But break the addiction first.
- By June 2018, the US government will require all food manufacturers to label the Added Sugar grams on the nutrition facts label. (Until then you have to read the ingredient list.)

Ask yourself these questions to stay on track and Achieve Level 3:

- What can I substitute for the sweet food I want/crave?
- Do I really need sugar, or do I need nutritious food/rest/sleep/emotional peace?
- Can I substitute veggies for grains/pasta/bread?

MEAL PLANNING - This week we will focus on eating real, whole food, 2.5 cups of vegetables daily and substituting other foods for grains.

Weekend Prep

- Grocery Shopping with list
- Wash all fruit and place on counter/table.
- Prep veg snacks – Wash/chop carrots, celery, sugar snap peas, bell peppers and any veggies. Bag in zip-lock bags. For longer storage, store end-up in a short glass of water.
- Juice your lemons and limes or purchase already juiced.
- Wash and prep salad and cooking vegetables in bite-size pieces.
- Make bags with ¼ cup of assorted raw or dry-roasted nuts.
- Make salad dressing in blender: 1 cup olive oil + ½ cup apple cider vinegar + 1 tbsp Dijon mustard + 1 garlic clove + salt and pepper. Store in fridge and take some of it to work.
- Boil eggs for easy breakfasts, snacks or salad toppings.
- Each night after work, prep your lunch bag and put nuts and fruit in your workbag.

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Breakfasts - Some repeats from Week 1 because this week we will make them together.

Summer Spinach Smoothie. Make smoothie pack ahead of time in gallon size Ziploc bag and put in freezer: 2 cups of spinach, 2 tbsp ground flax seed and chia seeds, peeled banana or any other fruit, 1/2 avocado, 1/2 inch piece of ginger, 2 tbsp. almond or organic peanut butter. In the morning, empty smoothie bag into blender, add 1 c. milk or yogurt + 1 c. water and blend. Beginners start with whole banana and one other fruit so it tastes sweet. You can gradually wean off the sweet fruits and your taste buds will adapt. This makes a giant smoothie which you can sip throughout the morning or even save some for afternoon snack. (2 cups of spinach = 1 cup veg serving)

Mini-frittata Muffins: Sauté any vegetables you have in the house in organic butter or coconut oil (onion, mushroom, greens, squash, it doesn't matter). Add any spices you like (cumin, oregano, garlic, salt, pepper, pesto sauce, etc.) Fill 12 lined muffin tins about 1/4 cup of cooked vegs, or 1/2 full with cooked veggies. Beat 8 eggs in a bowl and pour on top of veggies, bake at 400 for about 30 minutes. (Check at 20 minutes to ensure they don't burn.) (2 muffins = approx. 1/2 cup veg) Substitute yogurt, milk or cheese for some of the eggs as desired.

Sweet Potato & Yogurt: Heat and mash leftover sweet potato that you cooked last night or earlier this week. Top with 1 cup organic full fat yogurt, cinnamon, chia, flax and other nuts/seeds.

Lunches & Dinners

Asian Noodle Salad –adapted from Clean Eating Magazine - Make zoodles (zucchini noodles) and sauté in coconut oil, garlic, and ginger (and hot chiles if you like) for 2-3 minutes. Let cool. Thaw 1 cup frozen organic edamame.

In large bowl combine shredded carrots, cabbage with snap peas, drained edamame, and cooled noodles. Mix dressing in blender or jar: 1/4 cup lime plus 1/4 tsp lime zest, 1/4 cup organic peanut butter, 1/2 chile, 1/4 tsp ginger. Add dressing to salad and mix well, store in fridge for up to 5 days.

Charred Squash Salad (Modified from Eating Light Magazine)

Ingredients: 2 pounds assorted squash, such as yellow summer squash (organic), sliced in half lengthwise

1 large onion - quartered on skewer

1/4 cup olive oil

2 tspn lemon juice

1/2 cup each basil, parsley, and mint leaves, torn

1/2 tsp salt and pepper



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Grill squash and onion, cut side down, sprinkled with salt and pepper. Or roast in oven at 400 for 20 minutes or until tender. Let cool enough to chop the squash and onions into rough cubes. Toss with olive oil and herbs and serve!

Curry Cauli-Rice. Ingredients: 1 head cauliflower, 1 -2 tablespoon organic butter, coconut oil, or ghee, 1/2 cup diced onion, 1 tsp. each curry powder, cumin, fennel, fresh grated ginger, fresh or dried turmeric, salt and pepper to taste.

Instructions

1. Chop the head of cauliflower into big chunks, just small enough to fit in your food processor.
2. Chop in processor 5-10 seconds until it makes very small pieces.
3. In a saute pan, heat butter or coconut oil and brown onion.
4. Add 1 tsp. each curry powder, cumin, fennel, fresh grated ginger, fresh or dried turmeric, then cauliflower
5. Cook to desired texture (5-7 minutes for cauliflower, depends on what you add).
6. Add tomatoes at the end, depending on how soft you want them to be.
7. Serve immediately as a bed of "rice," with cilantro and lime juice

Zoodle (Zucchini Noodles) and Shrimp Scampi. Create the zoodles using 2 zucchini and a spiralizer. Heat organic butter, ghee or coconut oil on medium heat in saute pan. Add 1 tablespoon garlic, 1/4 tablespoon crushed red pepper and cook for 1 minute. Add 1 pound shelled, deveined shrimp and cook about 3 minutes or until shrimp are pink on all sides. Season with salt and pepper to taste. Transfer shrimp to a bowl, leaving liquid in the pan. Saute zoodles for 2 minutes with 2 tablespoons lemon juice. Add shrimp back to pan and mix together, topping with fresh herbs. From VeggiePasta.com

No or Low Sugar Desserts!

Chocolate "Pudding"

Process in blender: 2 avocados, 1/3 cup unsweetened cocoa powder, 1/2 cup full fat coconut milk, 3 tbsp honey, 1.5 tsp vanilla extract, pinch sea salt. Store in fridge.

Coconut Berry "Nice Cream"

Mix one can full fat coconut milk with one 10-12 oz. bag frozen berries. Store in freezer.



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Sources and Resources – More reading to scare and inspire you

“Alzheimer's Disease Is Type 3 Diabetes—Evidence Reviewed,” by Suzanne M. de la Monte, M.D., M.P.H. and Jack R. Wands, M.D. *Journal of Diabetes Science and Technology*, November 2008

Harvard University Health Publications – Glycemic Load of 100 foods

http://www.health.harvard.edu/healthy-eating/glycemic_index_and_glycemic_load_for_100_foods.

Women's Health article - 56 Names for Sugar on Packaged Food

<http://www.womenshealthmag.com/food/different-names-for-sugar>

Grain Brain, David Perlmutter, MD

The Blood Sugar Solution, 10-Day Detox Diet, Mark Hyman, MD

Mendosa Glycemic Load Chart

http://www.mendosa.com/gi_by_gl.pdf