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The Essential Sugar
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Free Diet

Cookbook: A Quick
Start ...

Technically, our
plan isn't 100%
sugar-free
nutritious foods
such as milk, plain
yoghurt, fruit, veg,
pasta and rice all
naturally contain
some sugar. Plus
we haven't cut out
bread, which

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contains small amounts of added sugar to help get the yeast working. But we have ditched all those foods that contain lots of added sugar.

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wheat-free diet
focuses on whole
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Especially those
containing added
sugar, trans fat or
refined wheat. What
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important to
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Natural sugars
occur in fruit and
some dairy

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Free Diet. Although
the proponents of
some no-sugar diet
plans say that a
person should
eliminate fruit, this
may not be the
most healthful
choice. Fruit...

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No-sugar diet: 8
tips and health
benefits

Cut back on the

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amount of sugar you may regularly add to foods and drinks, such as tea, coffee, cereal and pancakes. Replace sugar-sweetened beverages with sugar-free or low-calorie drinks ...

Sugar: should we eliminate it from our diet?

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Sugars in honey, syrups (such as maple, agave and golden), nectars (such as blossom), and unsweetened fruit juices, vegetable juices and smoothies. The sugars in these foods occur naturally but still count as free sugars. Sugar found

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naturally in milk,
fruit and vegetables
does not count as
free sugars.

Guide To Sugar

Sugar: the facts -
NHS

A sugar-free diet
(or no-sugar diet)
is a diet that
excludes added
sugars and most
processed foods.

This type of diet is

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similar to a low-glycemic index diet and low-carb diet in that it helps reduce your body's reliance on glucose (sugar) for energy.

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Plan, Benefits and
Best Foods - Dr.
Axe

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glycemic fruits,
vegetables, whole
grains, proteins,
healthy fats, sugar
substitutes, and low-

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fat dairy products
without added
sugar. Foods to
avoid

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Abstain: Completely
eliminate all sugars
(fruit, coconut
sugar, sweet
veggies) and sugar-
free sweeteners

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(stevia, monkfruit,
etc.) An Abstainer
may even take it a
step further by
cutting out Sugar
hyperpalatable
foods or things with
a 'sweet' taste
such as nut butters,
coconut, or vanilla.

Recipes

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