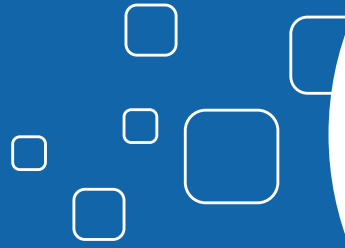


Sugar: What to Avoid



Refined sugars can significantly impact your health, primarily through their effects on glucose and insulin levels. This document outlines the dangers of refined sugars, how to identify them, and strategies for reducing your intake.

The Effects of Refined Sugars

When you consume refined sugars, your blood glucose levels spike rapidly. This triggers the release of insulin from the pancreas to help transport glucose into your cells for energy. However, frequent consumption of large amounts of sugar can lead to insulin resistance, where your cells become less responsive to insulin.

Excessive sugar intake can also elevate levels of *Insulin-like Growth Factor 1 (IGF-1)*, which has been linked to cell proliferation and potentially increased cancer risk. Furthermore, sugar promotes **inflammation** throughout the body. Chronic inflammation is associated with numerous health problems, including heart disease, diabetes, and autoimmune disorders.

Names for Refined Sugars

Refined sugars come in many forms, often disguised under different names on food labels. Be aware of these common terms:

- Barley malt
- Beet sugar
- Brown rice sugar
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Corn sweetener
- Corn syrup
- Dextrose
- Fructose
- High-fructose corn syrup

- Inverted sugar
- Maltose
- Malt syrup
- Raw sugar
- Rice bran sugar
- Sorghum
- Sucrose
- Sugar
- Turbinado sugar

Checking Food Labels

Carefully examine food labels to identify hidden sugars. Here's how:

1. **Ingredient Order:** Ingredients are listed in descending order by weight. If any of the sugars listed above appear near the top of the list, the product is likely high in added sugars.
2. **Multiple Sugars:** Even if no single sugar is listed high on the list, the product may still contain a significant amount of added sugar if several different types of sugars are present.
3. **Total Sugars:** Check the 'Total Sugars' amount on the nutrition facts label. This includes both naturally occurring and added sugars. Be mindful of the serving size.

Secret Sugars in Unexpected Foods

Many processed foods contain surprising amounts of added sugar. Watch out for these culprits:

- **Pasta Sauce:** Some brands add sugar to balance the acidity of tomatoes.
- **Frozen Entrees:** Sugar can be used to enhance flavor and extend shelf life.
- **Ramen Noodle Soups:** Sugar may be added for sweetness and flavor.
- **Ketchup:** A significant source of added sugar.
- **Salad Dressing:** Many dressings, especially low-fat varieties, contain high amounts of sugar to improve taste.

High-Fructose Corn Syrup (HFCS)

High-fructose corn syrup (HFCS) is a sweetener derived from corn starch. Its use has risen dramatically over the past few decades due to its low cost and sweetening power.

- **Processing:** Corn starch is processed to produce corn syrup, which is then treated with enzymes to convert some of the glucose into fructose. This results in HFCS, which is typically composed of either 55% fructose and 45% glucose (HFCS-55) or 42% fructose and 58% glucose (HFCS-42).
- **Negative Health Effects:** HFCS has been linked to various health problems, including *obesity, insulin resistance, liver damage, and increased risk of type 2 diabetes*. Some studies suggest that

fructose, in particular, may be more readily converted to fat in the liver compared to other sugars.

Summary

Reducing your intake of refined sugars is crucial for maintaining good health. By understanding the different names for sugar, carefully reading food labels, and being aware of hidden sugars in processed foods, you can make informed choices and protect yourself from the negative effects of excessive sugar consumption. Prioritizing whole, unprocessed foods is key to a healthier, sugar-conscious lifestyle.

Discover → Simplify → Transformation — that's the Unprocessed Life Method™.