

## SUGAR, THE GOOD, THE FAT AND THE UGLY

### So now sugar is “bad” for us!

Remember how eggs, butter, red meats, animal fat, olive oil and salt were “bad” for us and we replaced them with hydrolysed oils, faux butter, soy protein, no fat, no salt diets and we all grew fatter and sicker. Thankfully, we have begun to turn the tide to original unprocessed foods such as eggs, real butter, red meats, animal fats, and real salt and we are seeing weight loss and health again, so let's be careful about this “no sugar” thing. It's the hidden sugars that we need to know about. When we put a teaspoon of sugar in our tea we know it's there. When we replace this with a “healthy” drink like Vitamin Water we are drinking five teaspoons of sugar. Do we know it's there? Find out by reading labels for sugar content: 4g = 1 teaspoonful.

It's not all bad news - sugar is a carbohydrate found naturally in a host of different foods from lactose in milk to the fructose in fruit and honey, complex carbs in whole grains and the various sugars in vegetables and all foods. In fact, we need sugar in our diets to supply ready energy to fuel our muscles and keep our brains active. So please don't eliminate all foods with naturally occurring sugar content. The real problem is that many processed foods have ADDED sugar which supplies energy in the form of calories - and very little else. This means our body has to draw on the nutrients from the rest of our diet to process it and this can affect our health, including our immunity - leaving us more prone to bugs and colds. A high intake of sugar causes our blood sugar levels to shoot up, giving us that feel-good 'high' followed by a crashing slump which leaves us tired, irritable and craving more sugary foods. It's a vicious cycle that may be contributing to our weight problems as well as health concerns like diabetes and heart disease.

**The Glycemic Index scale:** This measure how fast a food raises your blood glucose. Only carbohydrate foods do this. This scale is confusing as it lists only foods which have a score. Meats, eggs, and fats do not contain sugars and therefore score zero and may not be mentioned. **We need to know that proteins and fats do not affect an insulin response.** And to add more confusion there is also the glycemic load measure to consider and if we don't read up on all this, and understand it, we don't use this information to advantage. We don't need it anyway, as we can use commonsense and basic knowledge to select foods right for us. And to be even more specific on foods that are right for us, take advice from the Eat Right for your Blood Type protocol.

### Simple carbs and complex carbs ( whole grains, vegetables, fruits, dried beans)

Carbohydrates are a major macronutrient and one of your body's primary sources of energy. The key is finding the right carbs; not avoiding them altogether. The fibre in carbs slows down the absorption of nutrients including glucose. Choosing the right whole food carbs is easy with your blood type food reference App. [www.dadamo.com](http://www.dadamo.com)

**Sugars in Nature:** Ref: Damon Gameau *That Sugar Book* p. 88

**Glucose:** found in nearly every food we eat and is a key source of energy for our bodies.

**Lactose:** Lactose is in milk from lactating animals and humans. It is the first sugar we taste in breast milk.

**Sucrose:** Is 50% glucose and 50% fructose. Found naturally in sugar cane, sugar beet and most fruits. This is predominately the refined white sugar used in processed foods.

**Fructose:** Fructose was once a rare refined sugar. Fructose naturally occurs in honey, fruits and vegetables. Today, extracted and processed, it is in fruit juices, soft drinks, ice creams, chocolate, lollies, and all foods containing refined sugar. It is produced mainly from cornstarch in the USA and is referred to as “high fructose corn syrup” HFCS, used rarely in Australia, where cane sugar is refined and used as sweetener instead in processed foods. Cane sugar is 50% fructose and 50% glucose. These refined sugars are a toxic load for the liver leading to obesity, fatty liver, and diabetes.

**Maltose:** is found in germinating seeds such as barley, rice and commonly used in beer making.

### Natural Sugars:

**Agave:** extract from Agave root, Mexico. Extraction through filtering, boiling and reduction and to preserve and pack makes it a processed food. 75% - 95% fructose

**Brown rice malt syrup/rice syrup:** Produced by cooking brown rice starch with enzymes, filtered and reduced by heating. The sugars are 97% maltose and 3% glucose. With no fructose content it can be used like molasses. May taste better too.

**Rapadura, Panela:** Evaporated organic cane sugar is processed with the molasses so retains a caramel taste along with more nutrients than the much more refined white sugar.

**Maple syrup:** extracted sap of maple trees. Up to 100% sucrose, traces of vitamins and minerals, similar food value to molasses. Sap is boiled to reduce it and label should say “100% Maple Syrup”.

**Molasses, treacle, and golden syrup (from cane sugar):** Derived from the syrup left over from milling, and because it is minimally refined it retains nutritional value.

**Honey:** Glucose and fructose ratios vary according to when, where, and what flower the bee has accessed. No processing needed, pure honey has antibacterial

and other properties and will also satisfy a sugar craving straight from the spoon.

**Coconut (palm) sugar (evaporated palm flower sap):** Evaporated coconut flower nectar (sap) boiled and concentrated sucrose 80% fructose 20% (average). Similar effect to cane sugar.

**Palm sugar (from sugar date palm trees) :** Not to be confused with coconut sugar. But still a product of the palm tree and similar sugar profile

**Stevia:** A plant native to Brazil processed into pills and liquid available in health food stores. Because of its blood sugar lowering and blood pressure lowering potential, it should be evaluated first on an individual basis before being regularly used by anyone suffering from hypoglycaemia or glucose tolerance problems. Diabetics may benefit but hypoglycaemic need to be careful with over use of this plant sugar.

<https://www.diabeteshealth.com/stevia-can-natures-sweetener-help-your-blood-sugar>

**Sugar Alcohols: Maltitol, Mannitol, Erythritol, Sorbitol, Xylitol, Isomalt, Lactitol, Hydrogenated starch hydrolysate.** All have a laxative effect and over consumption ought to be avoided. The chemical structure of sugar alcohols is as a hybrid between a sugar molecule and an alcohol molecule; hence the name, but they are neither one nor the other, and are included in most sugar free products. They can be found in lots of sports nutrition products like protein powders, pre-workout supplements, and low-carb products such as weight loss powders. Not recommended as a substitute daily sweetener.

**Artificial Non-Nutritive Sweeteners: Splenda, saccharin, aspartame (Equal, Nutrasweet, Neotame) Sucralose.** All are chemical sweeteners with side effects. Reduce these foods. Used in chewing gum. Daily chewing may cause bowel and brain disruption. Don't use these sweeteners to continue a sugar addiction. Taste buds can be trained by reducing your natural sweetener inputs gradually to nil.

**Fungal infections, thrush, Candida feed off sugar.** Cut the carbs and the sugar and take a probiotic plus digestive enzymes. It may take many months to resolve, but without sugar the Candida yeast fungal microbe will be starved. Enjoy less brain fog, fatigue, and itch and fat. If you are candid prone, and eat sugar (even the "good" ones) you may have another thrush attack.

**How to overcome sugar cravings.** There is a simple, powerful, delicious way of overcoming sugar addiction. **Include a protein at every meal.** Use basic meals of fresh, unprocessed protein (red meats, fish and chicken) along with good fats such as from meats, butter, olive oil, nuts, cold meats, salad vegetables, oil dressings, cheese, apple and cheese pieces, boiled egg wrapped in lettuce leaf, raw carrot and capsicum, tinned fish,

carrot and celery sticks with hummus and pesto's. Try cinnamon on stewed apple with cream. Leave fats on meats, cook in meat drippings, ghee and extra virgin olive oil. Try dandelion tea and yes you can put cream in that too! **Remember we have smashed the low-fat fad.** Take digestive enzymes to ensure efficient digestion of fats and protein with the two main meals and a probiotic to ensure the GIT machine is working well. Sugar cravings will be a thing of the past and you will eat less and be satisfied.

Enjoy the sweetness you add to your unprocessed homemade meals and remember that a treat is not a health threat. **The threat is the stress you experience in trying to select something that you can have to continue your sweet addiction. Remember it's NOT the sugar that we ADD ourselves that's the main problem.** Most of the sugar we eat comes from ready-made and processed foods. If you are already on an unprocessed food diet, you need to add sweeteners (energy) from the Natural List without stress as to what is best. All break down to sugar. All the "healthy" alternative sugar options nutritional differences are negligible so choose what takes your taste bud's fancy. Try a spoon of honey on porridge or brown rice syrup on Essene sprouted bread and butter. Fruit contains fructose but also contains water, vitamins, minerals and fibre that we desperately need. Two pieces of fruit daily is essential in a balanced diet. Think of the sugar syrups (honey etc) as crystal 'enhancers' of fruit, yoghurt, milk or whole grains rather than foods in their own right. Use in moderation.

"The global fondness for sugar and flour containing foods is responsible for much of the obesity and type II diabetes in the world today. Please remain under the care of your own doctor and inform them of any dietary changes you wish to make." P156 Dr Sandra Cabot. *Diabetes Type II You Can Reverse it Naturally.* Damon Gameau's "That Sugar Book" and "That Sugar Film" readily available are highly recommended. Please investigate the promotion of this to your schools: School pack and education is well supported.

**References:** [www.sugar-and-sweetener-guide.com](http://www.sugar-and-sweetener-guide.com) .  
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<http://foodwatch.com.au/blog/carbs-sugars-and-fibres/item/are-syrups-better-for-you-than-sugar.html>  
[www.thenaturalnutritionist.com.au/rice-malt-syrup](http://www.thenaturalnutritionist.com.au/rice-malt-syrup)

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