



I'm Sweet Enough September Sugar-Free Challenge Guide

30 Day Detox of all added and processed sugars for September Sugar Free Challenge



What is the challenge? To eliminate all added and processed sugars from your diet September 1st to September 30th.

That means removing all the obvious sugary foods like cakes, cookies, candies, chocolate bars, ice cream, donuts pies or pastries, etc. Sweetened beverages such as soda pop, vitamin water, fruit juice, flavoured coffee beverages or any added sugar in coffee or tea are NOT allowed. This also includes all forms of alcohol - remember alcohol is just fermented sugar.

80% of grocery store products have hidden added sugars. These are not allowed: Breakfast cereals, flavoured oatmeal, granola bars, trail mix, barbecue sauces, condiments such as ketchup, jams and jellies, pasta sauce, commercial soup, salad dressings, frozen & prepared meals, baked beans, some canned fruit, and flavoured dairy products such as yoghurt. Most of these contain added sugars.

Check the ingredient list; if the first four ingredients include sugar or some version of it, it is not allowed. Be cautious of items that are disguised sugars; follow our list of items to help you identify masked sugars. If in doubt, leave it out!

Think that is a lot to *give up*? YOU ARE SWEET ENOUGH! Here are just some of the benefits of eliminating added sugars from your diet:

- Healthy sustainable weight loss
- Taste buds will change so that you can enjoy the natural taste of food
- Reduced cravings for sugar and savoury foods
- More energy
- Clear thinking and better mood
- Blood sugar and blood pressure can normalize in weeks

Is sugar in fruit & dairy allowed? YES. Although sugar exists in whole fruit, vegetables and dairy, eating these in their natural (unprocessed) element is acceptable. See our suggested list of unprocessed and safe foods. This is your guide to processed and sugar free living! **The Power is Ours!**

For More Information & Sugar Free For Life Support Visit

[Sugar Facebook Support Page](#)

[Just Eat Real Food Recipe Blog](#)

[Food Junkies Podcast Page](#)

[AddictionUnplugged](#)

See The Common Names For Sugar List on Next Page

Thanks to Tony Vassallo of The Real Food Revival & MODA Nutrition for assembling this guide. To learn more about living a life without added sugars or processed free eating and recipes visit his website. <https://www.justeatrealfood.ca/> or Contact: Tony@ModaNutrition.com



Common Names for Sugar



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|-------------------------|--------------------------|--------------------------|------------------------|
| Agave nectar | Corn syrup | High fructose corn syrup | Organic invert sugar |
| Apple juice concentrate | Corn syrup solids | Honey | Palm sugar |
| Barbados sugar | Crystalized fructose | Icing sugar | Panela |
| Barley malt | Date sugar | Invert sugar | Panocha |
| Barley malt syrup | Dehydrated cane juice | Jaggery | Pear juice concentrate |
| Beet sugar | Demerara sugar | Lactose | Piloncillo |
| Black strap molasses | Dextran | Malt Syrup | Powdered sugar |
| Brown rice syrup | Dextrose | Maltodextrin | Raw sugar |
| Brown sugar | Evaporated cane juice | Maltol | Refiner's syrup |
| Buttered syrup | Free-flowing brown sugar | Maltose | Rice sugar |
| Cane juice | Fructose | Malt sugar | Rice syrup |
| Cane juice crystals | Fruit juice | Mannose | Saccharose |
| Cane sugar | Fruit juice concentrate | Maple syrup | Sorghum syrup |
| Cane syrup | Glactose | Molasses | Sucanat |
| Caramel | Glucose | Muscovado sugar | Sucrose |
| Carob syrup | Glucose solids | Organic agave nectar | Sugar (granulated) |
| Castor sugar | Golden sugar | Organic brown rice syrup | Sweet sorghum |
| Coconut nectar | Golden syrup | Organic cane sugar | Syrup |
| Coconut sugar | Grape sugar | | Treacle |
| Confectioners' sugar | | | Trehalose |
| Corn sugar | | | Turbinado sugar |
| Corn sweetener | | | Wheat sugar |

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