

fructose corn syrup, honey, invert sugar, lactose, maltodextrin, malt syrup, maltose, maple syrup, molasses, raw sugar, rice syrup, saccharose, sorghum or sorghum syrup, sucrose, syrup, treacle, turbinado sugar, xylose. **Your body doesn’t read what the label says, it’s all just *sugar* to your body’s chemistry!**

Sugar Alcohols. Many sugar free foods have sugar alcohols in them. They have names like maltitol and sorbitol. These ingredients can be as bad or worse than sugar for you.

Remember.

- **The less refined the sweetener, the more likely it will contain the nutrients, that God intended it to be eaten in combination with, for our optimum health.**
- **A whole food, plant based, low added sugar diet, coupled with regular exercise, overcomes the problem of eating too many refined carbohydrates including sugar, which is a significant contributor to so many of the western lifestyle illnesses**

Added Sugar Content of Some Common Foods

Information in this brochure was drawn from the following sources.		
Item	Weight	Sugar Content
Sweets		
Milk Chocolate Bar	44g	5.75 Tsp
Milly Way Bar	58g	8.5 Tsp
Marshmallows	100g	14.5 Tsp
Dove Chocolate Bar	37g	5 Tsp
M&Ms packet	45g	5.75 Tsp
Boiled Sweets	100g	11.5 Tsp
Drinks		
Coca Cola	355ml	7 Tsp
Red Bull	1 Can	7.5 Tsp
Lemonade	250ml	2.5 Tsp
Hot Chocolate	250ml	4.5 Tsp
Apple/Orange Juice	355ml	7 Tsp
Breakfast Cereals		
Uncle Tobys Oats	1 serve	1%
Sanitarium Weet-Bix	1 serve	2.5%
Home Brand Wheat Bix	1 serve	2.7%
Home Brand Oats	1 serve	0%
Kelloggs Froot Loops	1 serve	41.7%
Kelloggs Nutrigrain	1 serve	31.7%

Bush Foods Muesli	1 serve	24.2%
Sanitarium Honey Weets	1 serve	25%
Sanitarium Fruity Bix	1 serve	22.3%
Uncle Tobys Healthwise for Heart	1 serve	30%
Weight Watchers Fruit and Fibre	1 serve	30.7
Desserts		
Carrot Cake	1 slice	3 Tsp
Custard	1 serve	3.25 Tsp
Chocolate Mousse	1 serve	3 Tsp
Cornetto	1 cone	3 Tsp
Ice Cream	1 scoop	3 Tsp
Jam Donut	1 donut	3.5 Tsp
Fruit Cake	1 slice	5 Tsp
Rice Pudding	1 serve	3.75 Tsp
Sponge Cake	1 slice	5.5 Tsp

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- The Bitter Truth, Dr Robert Lustig, professor of pediatrics at the University of California at San Francisco, utube - http://www.youtube.com/watch?v=dBnniua6oM
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- Choice Reviews Breakfast Cereals
- A Teaspoon Guide to Australian Breakfast Cereals, D. Gillespie

Now What?

Simply Sweet - Stevia Powder



Simply sweet is a natural, low calorie stevia and erythritol blend that looks and tastes most like sugar. It is designed for people who love sugar’s taste but want to avoid it.

It is our lowest energy blended sweetener with only 0.84 kJ/g. One spoon of Simply Sweet is as sweet as two spoons of sugar.

Sweet Poison

The #1 Bestseller, Sweet Poison exposes one of the great health scourges of our time and offers a wealth of practical and accessible information on how to avoid fructose, increase your enjoyment of food and lose weight.‘

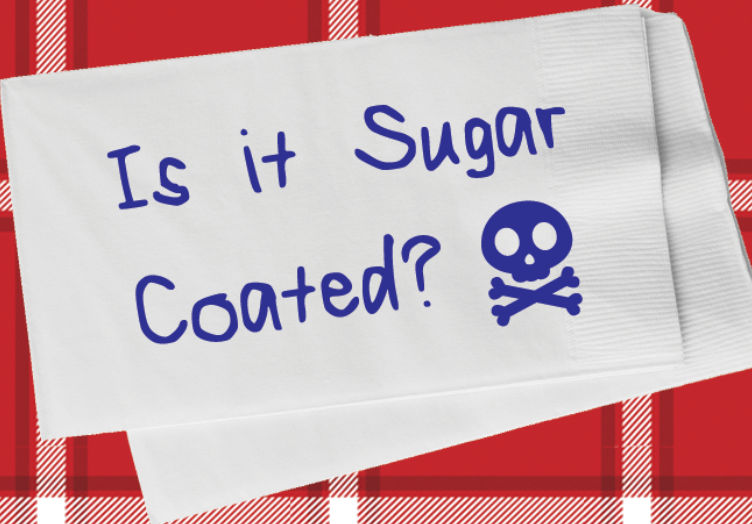


The Sweet Poison Quit Plan



Packed with reader anecdotes and lists to help you organise your sugar-free life, this book presents one of the most accessible and achievable strategies around for losing weight and avoiding some of the more pernicious lifestyle diseases that are increasingly associated with excessive sugar consumption. Gillespie is an informed and entertaining writer who makes his subject fascinating, and inspires with his passion and logic.

Available from Steps to Life.
To order call 03 9739 4093 or visit
www.steps.org.au



Sweet Truth. How safe are the refined sugar and concentrated super sweeteners?

Australians are major consumers of refined sugars and concentrated ‘super’ sweeteners. It’s difficult for statisticians to gain an accurate per capita measure of the sugar consumption totals and trends in Australia. This is because of the many forms of sweeteners that are added to the foods and drinks we consume. However, diseases like diabetes, arthritis, obesity, tooth decay, osteoporosis, etc, associated with excess consumption of sweeteners, are rising. If you study the ingredient labels of the products we consume, you get clear evidence that many of the different forms of sweeteners, do not come in their nutritionally balanced *plant packaging*. Often, these sweeteners are associated with other refined carbohydrates, also stripped of naturally occurring fibre, protein, fats, vitamins and minerals, which regulate the way and rate at which carbohydrates are broken down and absorbed by us during digestion. **Read food product labels to calculate the number of teaspoons of sugar you are ingesting daily. You may well be shocked! Five grams equals 1 teaspoon.**

What is Sugar?

Sugar is a simple carbohydrate and is related to other chemically-related sweet-flavoured substances. It is in many forms. There are three main types of sugar - lactose, sucrose, and fructose. When you are looking for sugar content as well as looking for sugar, you should look for lactose, sucrose, and fructose.

Our cells need glucose to survive, sugar and other carbohydrates are converted into glucose. Consuming too much sugar causes many health problems. **Added sugar contains no beneficial nutrients and in excess is a cause of tooth decay, diabetes, obesity, etc.** These health problems bring in their train a multitude of other health issues.

How Can Eating Refined Sugars Effect You?

- **Sugar weakens our immune system.** Researchers performed studies examining how sugar consumption weakens the ability of white blood cells to destroy bacteria. The studies showed that the capacity for white blood cells to destroy is weakened as sugar consumption rises. If a person consumes no sugar over twelve hours, each white blood cell could destroy an average of fourteen bacteria. When twenty four teaspoons of sugar were consumed,

individual white blood cells only destroy one bacteria each.

- **To metabolise refined sugar, the body uses its stores of vitamins and minerals.** Our bodies need a mineral balance. Minerals such as sodium, potassium, magnesium and calcium are used by the body to attempt to return the body to a correct acid-alkaline balance. The continual use of too much sugar daily causes the body to become depleted in its stores of vitamins and minerals. Calcium is drawn from bones to protect the balance. This weakens the bones.
- **Refined sugar is converted into glucose and initially stored in the liver. Too much becomes fat.** The liver’s capacity is limited and the daily intake of sugar causes the liver to expand. When the liver reaches its maximum capacity the excess is taken to every part of the body and stored on the thighs, hips, stomach etc. Ultimately, tissues degenerate and turn into fat.
- **Sugar’s impact on our brains** With too much sugar the brain becomes inactive. Pyruvic acid accumulates in the brain which interferes with the normal respiration of cells. The cells do not get sufficient oxygen to survive normally. The circulatory and lymph systems are invaded. The quality of red blood cells is affected. An over abundance of white blood cells occurs.
- **Refined sugar acts on the tissues like a chemical substance such as acid or caustic.** Raw flesh placed in a strong solution of sugar becomes shrunk in appearance because of the sugar it absorbs. Candy injures the mucus membranes of our body it comes in contact with. Try holding a piece of barley sugar in your mouth against your cheek without swallowing. The mucous membrane of the cheek is *drawn* by the sugar.
- **Sugar lacks nutrition.** You don’t get essential nourishment from eating sugar. If you only ate sugar you would die more quickly than if you ate nothing.
- **Harmful effects on body organs and brain of refined and concentrated sugars include** - Gastro-intestinal disorders, restricts action of enzymes, irritates mucus lining in digestive tract, fermentation in stomach, skin and nerve problems, clogs circulation and thickens blood, promotes tooth decay, excess causes liver to swell and increases fat on the liver, robs vitamins and minerals from other nutrients, vitamin B deficiency, interferes with proper digestion of nutrients, depression and mental problems, inability

to concentrate, can develop cravings, causes Candida, destroys good bacteria in intestines, coronary heart disease, diabetes, drains adrenal glands, causes hormonal imbalance, constipation, haemorrhoids, varicose veins, throat infections, sinus problems, colds, low energy, leads to hypoglycaemia, and diabetes, arthritis, obesity, some allergies, migraine headaches, acid condition in body, kidney damage, is linked to some cancers, weakens eyesight, contributes to weight gain and obesity.

- **Sugar is addictive – try going without it!**
- **Can be a cause of aggressive behaviour.** Some years back in the USA, the Californian Penal System undertook a study of 7000 prisoners, taking them off sugary and refined foods for six months. The amazing result was that suicides dropped by 100 percent and aggressive behaviour dropped by 83 per cent. A study published in the American Journal of Psychiatry reported that children who were malnourished due to highly refined carbohydrate diets developed behavioural disorders displaying aggression and violence. It is believed that this was due to them missing out on important vitamins and minerals (zinc, iron B vitamins, etc) important for a healthy nervous system development. Refined sugars and artificial sweeteners do not contribute these nutrients, but are known to deplete them.

What makes refined sugar a *junk food*?

Refined sugar is usually produced from sugar cane or sugar beets. The cane or beets are crushed and the juice pressed out. The juice is heated to boiling point and treated with chemical solvents to remove impurities. It is then heated again in large tanks to evaporate the water. This remaining thick syrup is placed in a centrifugal machine to form syrup crystals. The crystals are heated to boiling again, treated with bleach and other chemicals and filtered through bone char. This is a powder made from cow or pig bones. After filtering, the syrup is then centrifuged again to produce a refined white sugar. Molasses, a by-product of sugar refining is a sweet liquid obtained from the second extraction, and black strap molasses is the liquid left after the third extraction. Light and dark brown sugars are simply refined table sugar to which is added back 12-13%

molasses. **The completely refined white sugar product is now over 99.9 per cent sucrose and for all practical purposes contain no nutritional elements such as vitamins, minerals, proteins, fats or fibres. This is why refined sugar is called empty calories or junk food.**

What is *fructose*? Is it harmful for me to eat?

Fructose is a simple sugar which the body can use for energy. It is found in many plants we eat. Fruits and vegetables have relatively small, normal amounts of fructose that most bodies can handle quite well. A small amount of fructose, such as the amount found in most vegetables and fruits, is not a bad thing. In fact, there is evidence that it may help your body process glucose properly. However, consuming too much fructose all at once seems to overwhelm the body’s capacity to process it. The diets of western societies in past generations contained only very small amounts of fructose. These days, estimates are that about 10% of the modern diet comes from fructose.

What happens if we consume too much fructose? Most of the carbohydrates we eat are made up of chains of glucose. When glucose enters the bloodstream, the body releases insulin to help regulate it. Fructose, on the other hand, is processed in the liver. To greatly simplify the situation when excess fructose enters the liver, the liver can’t process it fast enough for the body to use as sugar. Instead, it starts making fats from the fructose and sending them off into the bloodstream as triglycerides. This is bad for several reasons - high blood triglycerides are a risk factor for heart disease, fructose ends up circumventing the normal appetite signalling system and you’re left feeling unsatisfied. This is probably at least part of the reason why excess fructose consumption is associated with weight gain. There is growing evidence that excess fructose consumption may facilitate insulin resistance, and eventually type 2 diabetes.

What is the problem with fructose? The problem comes with the amount added to our modern western diet, the volume of which has grown rapidly in recent decades. High fructose corn syrup has become very inexpensive. So, really, the problem is more that it has become so cheap it is used in over abundance in nearly all processed foods and many drinks.

Labelling code words which mean the same as *sugar* for their effect on your health. Agave nectar, barley malt syrup, corn sweetener, corn syrup, or corn syrup solids, dehydrated cane juice, dextrin, dextrose, fructose, fruit juice concentrate, glucose, high-

