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Page 6/39

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Page 15/39

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Technically, our plan isn't 100%
sugar-free \neq nutritious foods such

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As milk, plain yoghurt, fruit, veg, pasta and rice all naturally contain some sugar. Plus we haven't cut out bread, which contains small amounts of added sugar to help get the yeast working. But we have ditched all those foods that contain lots of

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added sugar.

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The Essential Sugar Free ...

The sugar-free, wheat-free diet focuses on whole foods and avoids processed foods, especially those containing added sugar, trans fat or refined wheat. What Foods to Eat It's important

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*The Sugar-Free, Wheat-Free Diet -
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Healthline*

Natural sugars occur in fruit and some dairy products. Although the proponents of some no-sugar diet plans say that a person

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should eliminate fruit, this may not be the most healthful choice. Fruit...

100 New And Delicious

No-sugar diet: 8 tips and health benefits

Cut back on the amount of sugar you may regularly add to foods

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and drinks, such as tea, coffee, cereal and pancakes. Replace sugar-sweetened beverages with sugar-free or low-calorie drinks ...

Sugar Free Recipes

Sugar: should we eliminate it from our diet?

Sugars in honey, syrups (such as

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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 naturally in
milk, fruit and vegetables does

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not count as free sugars. To

Sugar Free Cooking Over
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 similar to a low-glycemic index diet and low-carb

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diet in that it helps reduce your body's reliance on glucose (sugar) for energy.

*Sugar-Free Diet Plan, Benefits
and Best Foods - Dr. Axe*

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Page 31/39

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*The Essential Blood Sugar Diet
Recipe Book: A Quick Start ...*

The Sugar Busters Diet allows low-glycemic fruits, vegetables, whole grains, proteins, healthy fats, sugar substitutes, and low-fat dairy products without added sugar. Foods to avoid

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*Sugar Busters Diet Review: Does
It Work for Weight Loss?*
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huge success of

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Abstain: Completely eliminate all sugars (fruit, coconut sugar, sweet veggies) and sugar-free sweeteners (stevia, monkfruit, etc.) An Abstainer may even take

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it a step further by cutting out hyperpalatable foods or things with a 'sweet' taste such as nut butters, coconut, or vanilla.

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