

Low Sugar Diet

The following advice is based on the book "Sweet poison, why sugar makes us fat":

Be careful at breakfast

Porridge, Shredded Wheat and Weetabix have very low levels of sugar – fill up on them! Start reading food labels and you will get some surprises! e.g. granola, bran flakes, "low fat" yoghurts. It may help to think of a sugar cube as 4g of sugar.

Don't drink sugar

Drink tea, coffee and water

9 cubes of sugar in a can of coke- fruit juice can be just as high, even "Unsweetened" orange juice is still high in fructose. You wouldn't eat 10 oranges in a row but the same contents may go into a glass of pure orange juice. Some alcoholic drinks can be high in sugar.

Avoid high sugar foods

Biscuits, cakes, sweets, chocolate, desserts

This is the hardest part but you may find after a few weeks that you stop craving them and find them too sweet.

Sugar is highly addictive and this can be a particularly difficult life change to make. You can get your training buddy to help you by asking you how you are getting on with the dietary changes and having some accountability.

References:

Sweet Poison, why sugar makes us fat, David Gillespie, Penguin 2008,

"Pure white and deadly" – iTunesU Sheffield University Festival of Life:

<https://itunes.apple.com/gb/itunes-u/life-festival-health-from/id910917872?mt=10>

www.howmuchsugar.com

www.sugarstacks.com