

NO

21 DAY NO SUGAR

THE "BAD" FOOD LIST

OVERVIEW

Avoid items containing sugars and added sugars. Please read the label below to see if the product has sugar or added sugars. You should also be aware sugar can go by a handful of other names on the nutrition label. Those are listed below.

THE LABEL

Current Label	Proposed Label

THE BAD - SUGGESTIONS

AVOID AT ALL COSTS

Cakes – Cookies – Most Chips – Most Crackers – Salad Dressings – Condiments – Coffee Creamers – Sodas – Juice Drinks – Pizza – Packed Foods – Processed Foods – Cereals – Ice Cream – Pastas – White Rice

SUGAR BY ANOTHER NAME

SUGAR A.K.A

Sucrose – High Fructose Corn Syrup (HFCS) – Agave Nectar – Beet Sugar – Backstrap Molasses – Brown Sugar – Buttered Syrup – Cane Sugar – Caramel – Castor Sugar – Coconut Sugar – Fruit Juice – Fruit Juice Concentrate – Golden Sugar – Honey – Maple Syrup – Barley Malt – Brown Rice Syrup – Corn Syrup – Dextrin – Dextrose – Glucose – Lactose – Maltodextrin – Maltose – Rice Syrup – Fructose – Galactose – D-Ribose

THE GOOD NEWS

Almost every "bad" food listed has a healthy alternative. There are healthy salad dressings, chips, and even pizza. Just make sure you read the nutrition label because even some of the "healthy" food is loaded with added sugar.



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