

## Detoxing from Sugar

Tis the season to try and get off that weight that came on after to many holiday cookies. Resolutions are being carried out, gyms are full, and many are beginning to look for the “next best thing” in nutrition to help to lose that stubborn weight. Sadly, the statistics for dieting and weight loss in this country are grim. According to the US Weight Loss and Diet Control market roughly 108 million Americans go on diets each year and with the failure rate being estimated at 99% we seem to be missing something.

Added sugar is insidious in the diet and is extremely addicting. Sugar can impact dopamine secretion in the brain and like drugs, the brain begins to crave sugar, so it can get its dopamine fix. Individuals tend to believe they can will themselves through avoiding sugar for a while and then learn how to moderate their intake, but with any addictive substance moderation is very difficult to achieve.

I recommend my patients eliminate added sugars from their diet. These sugars tend to be found in processed food products that have minimal nutritional quality and contribute little to our overall health and wellbeing. Eliminating sugar may sound extreme to some but considering how addictive this substance is and the plethora of research that supports moderation is extremely difficult for most individuals to achieve it is worth the effort. The World Health Organization recommends women aim for <23g of added sugar per day and men to target <30g per day. If total elimination of added sugars seems to difficult start with hitting this number. Read all your food labels, including coffee creamers, protein bars, yogurt, cereals, condiments and beverages, and see how much sugar you consume and make your adjustments from there.



Eliminating added sugar in the diet can lead to improvements in abdominal adiposity, reductions in insulin resistance and triglyceride levels, and reducing overall appetite and cravings. Instead of thinking about what you are giving up focus on the wide variety of foods you can include like all fresh vegetables and fruits, lean proteins, healthy fats like avocado, nuts and seeds and high fiber starch vegetables like sweet potato, autumn squash, and peas. The further away you remove yourself from sugar, the lower your cravings will be. We do not need added sugar in the diet. Added sugars contribute to obesity, inflammation and all forms of chronic disease. Aim to make 2019, the year your say goodbye to this substance; your body and mind will thank you for it!

On the next page you will find some suggestions of meals and snacks with no added sugar and plenty of flavor. I hope you enjoy and start 2019 off right!

MEAL	FOODS
BREAKFAST	<p>1 slice of sprouted grain bread + 1/2 small avocado + 2 egg whites + 1 Egg + sliced fresh tomato</p> <p>1/2 cup of oatmeal (once cooked add in... 1Tbs of Almond butter + 1/2 cup of blueberries + 1 scoop of Vanilla Protein Powder + splash of milk to taste + cinnamon)</p> <p>5oz of Plain 2% Greek Yogurt + 1Tbs. of walnuts + 1Tbs. of Almonds + 1/2 cup of blueberries + 1/2 smashed banana</p>
LUNCH	<p>Entrée Salad: Mixed greens + 2Tbs. of Tzatziki sauce + 3oz of chopped chicken breast + sliced tomato &amp; cucumber + 6 sliced black olive + 1Tbs. of feta cheese + 2tsp. of olive oil</p> <p>Chopped Cob Salad: Bib lettuce + 1 hardboiled egg + 1/2 avocado + 4oz of salmon + tomatoes/ cucumbers + 2Tbs. of shredded cheese + 2Tbs. of No Sugar Salad dressing</p> <p>2 Slices of Ezekiel Bread + 3oz of Nitrate Free Turkey Breast + 1/2 avocado + lettuce/ tomato/ onion/ mustard + Baby Carrots + 1 Individual Cup of Hummus</p>
SNACK	<p>12 Almonds + 10 Baby Carrots</p> <p>1 Apple + 1Tbs of All-Natural Peanut Butter</p> <p>1/4 cup of mixed nuts &amp; seeds</p> <p>1 Hard Boiled Egg + 1 Orange</p> <p>1/2 avocado (just add a pinch of salt and eat with a spoon)</p> <p>1/4 cup of roasted and shelled sunflower seeds + 1 cup of red grapes</p>
DINNER	<p>4oz of Baked Salmon + 1 roasted medium sweet potato + 1-2 cups mixed green salad or roasted broccoli + 1 tsp. of olive oil</p> <p>5oz of Lean Flank Steak or Salmon + 1 cup of lentil + 2 cups of roasted asparagus and green beans + 2tsp. of olive oil + 1 bowl of fresh mixed berries or melon</p> <p>4oz of 93/7 Ground Bison Burger in lettuce wrap + Sautéed onions/ peppers + 1 cup of corn &amp; peas + Grilled Zucchini/ Yellow Squash + 1Tbs of olive oil</p>