

# The Eating Coach's Hidden Sugars checklist

## THE MOST COMMON 'FAKE HEALTHY' OFFENDERS

**Agave Nectar** – Although low GI, it is 85% fructose. Fructose is what makes sugar addictive and leads to type 2 diabetes. A nutritional wolf in sheep's clothing and worse for you than table sugar. AVOID.

**Brown Rice Syrup** – AKA *Hello Sugar Rollercoaster*. Contains miniscule amounts of nutrients and a shed load of glucose. Bears about as much resemblance to brown rice as I do to The Dalai Lama.

**Brown Sugar** – the only difference between brown and white sugar is that brown contains molasses. It is marginally better for you, but will take you on the same rollercoaster as its white counterpart.

**Fruit Juice** – Shockingly this is more harmful than Coke, because of the fructose it contains. Stop drinking it, or at least make this an irregular treat, and dilute it. Replace with eating the actual fruit.

**Honey** – apart from some antiseptic/antibacterial properties, honey has the same adverse rollercoaster effect on you as table sugar. Oh yes, and more calories.

**Maple Syrup** – Aaaaaargh! A favourite of Davina McCall and the *I Quit Sugar* programme (this makes my blood boil!). The nutritional cousin of honey: has some minerals & antioxidants...but loads of sugar.

## REFERENCE LIST OF HIDDEN SUGARS ADDED TO PROCESSED FOODS

**A**gave nectar **B**arbados sugar – **B**arley malt - **B**eet sugar - **B**lackstrap molasses – **B**rown rice syrup - **B**rown sugar - **B**uttered syrup **C**ane juice crystals – **C**ane sugar – **C**aramel - **C**arob syrup – **C**astor sugar – **C**orn syrup - **C**rystalline fructose **D**ate Sugar - **D**emerera sugar – **D**extran – **D**extrose **D**iastatic malt – **D**iatase **E**thyl maltol  
**E**vaporated cane juice **F**ructose – **F**ruit juice **G**alactose – **G**lucose - **G**olden sugar - **G**olden syrup - **G**rape sugar  
**H**igh fructose corn syrup (HFCS) – **H**oney **I**nvert sugar **M**alt syrup – **M**altodextrin – **M**altose - **M**aple syrup – **M**olasses  
**M**uscovado sugar **O**rganic raw sugar **P**anocha **R**aw sugar - **R**efiner's syrup – **R**ice syrup **S**orghum syrup  
**S**ucrose **T**reacle - **T**urbinado sugar **Y**ellow sugar **\*\*\*Have I missed any? Email me: [info @ theshiftinside.com](mailto:info@theshiftinside.com)\*\*\***

## THE FOLLOWING ARE OK IN MODERATION:

isomalt, maltitol, stevia, xylitol, sorbitol

## THE GOLDEN RULE: YOUR MAIN SWEETENER SHOULD ALWAYS BE FRUIT



For more info on anything on this sheet:

**The Shift Inside.com/rollercoaster**

