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plan isn't 100%

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sugar-free?  
nutritious foods  
such 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

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get the yeast  
working. But we  
have ditched all  
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focuses on whole  
foods and avoids



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especially those  
containing added  
sugar, trans fat  
or refined  
wheat. What  
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No-sugar diet: 8  
tips and health  
benefits  
Cut back on the  
amount of sugar  
you may  
regularly add to  
foods and  
drinks, such as  
tea, coffee,  
cereal and  
pancakes.

Replace sugar-  
sweetened

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## Quick Start

*Sugar: should we  
eliminate it  
from our diet?*

Sugars in honey,  
syrops (such as  
maple, agave and  
golden), nectars  
(such as  
blossom), and

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unsweetened Sugar  
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  
not count as

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free sugars. Sugar

Free Diet  
*Sugar: the facts*  
Cookbook A  
- 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-

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glycemic index  
diet and low-  
carb diet in  
that it helps  
reduce your  
body's reliance  
on glucose  
(sugar) for  
energy.  
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whole grains,  
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eliminate all  
sugars (fruit,  
coconut sugar,  
sweet veggies)  
and sugar-free  
sweeteners  
(stevia,  
monkfruit, etc.)  
An Abstainer may  
even take it a  
step further by  
cutting out  
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foods or things

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with a 'sweet'  
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