

Sugar in the Raw

AT-RISK HEALTH CONDITIONS

- Heart Disease
- Cancer
- Type II Diabetes
- Non-Alcoholic Fatty Liver Disease
- Alzheimer's Disease
- Chronic Systemic Inflammation, Arthritis, Gout, Rheumatoid Arthritis
- Attachment, Addiction (Alcohol)

● WHAT COUNTS AS SUGAR?!

- Sugar, Cane Sugar, Raw Sugar
- High-Fructose Corn Syrup
- Brown Rice Syrup, Corn Syrup
- Ingredients ending in -ose
- Minimally Processed: Honey, 100% Maple Syrup, Agave, Molasses

BORN TO LOVE SWEETS

SURVIVAL

- We are born to experience "sweet" and carbohydrates as positive things
- From the womb, we rely on carbohydrates for energy and a sense of calm and safety

YOUR BRAIN IN TRAINING

- **DOPAMINE** - a neurotransmitter that is released in the brain. Associated with reward, pleasure, motivation, learning and seeking.

COMPULSIVE FEEDBACK LOOP (DO SOMETHING DIFFERENT)

The Trigger ⇨	Action ⇨	Reward ⇨	Commitment ⇨
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COPE DIFFERENTLY / SELF-CARE

Food can easily become a false fix for what is really going on. It is essential to engage in something "different" instead of relying on food to soothe, comfort and distract from uncomfortable emotions or stress. The average craving lasts 20-25 minutes. Explore various activities that can be executed for 20-25 minutes that still give you joy and a rewarding feeling. Examples: walk the dog, meditate, call a friend, write in a journal, read, coloring books, knitting or crafting, take a hot bath, etc.

FOOD PAIRING

- Pair a hyper-palatable food with a nutrient-dense food to minimize fast digestion and overconsumption

- Examples: apple with peanut butter, pizza with salad, sweet potato fries with pan-seared chicken and roasted vegetables, tortilla chips with guacamole

FOOD SUBSTITUTIONS

- Substitute something that is traditionally “bingeable,” hard to control or loaded with unsupportive ingredients with something more nutrient-dense yet still satisfying
 - Examples: dark chocolate and nuts (vs. a candy bar), oatmeal with sliced bananas (vs. sugar sweetened cereal), avocado (vs. heavy amounts of bacon and cheese), salmon twice per week (vs. red meat four times per week), etc.
- Sometimes, food substitutions won’t fully satisfy. Avoid substituting to the point in which we aren’t satisfying a craving that needs to be met. For example, celery and hummus won’t satisfy a craving for chocolate.

MEAL & SNACK IDEAS

WHAT CAN I DO DIFFERENTLY?

- **BREAKFAST**
 - plain greek yogurt, oatmeal, etc.
 - make your own granola
 - lean towards savory & higher protein
 - become more aware of sugar / sweeteners in coffee-like beverages
- **LUNCH**
 - add fruit to your meal
 - make your own salad dressings / choose lower added sugar condiments
 - rely on water, sparkling water, unsweetened teas, etc.
- **DINNER**
 - aim to follow the skyterra plate
 - have an after-dinner plan
- **SNACK(S)**
 - food pairing
 - cheese, nuts, seeds, bars, hummus & dip, dark chocolate & berries, etc.
 - “What do I really need right now?”
 - “How is this going to serve me?”

RECOMMENDATIONS

“The Hungry Brain” by Dr. Stephan Guyenet

“Wired to Eat” by Robb Wolf

“In Defense of Food” by Michael Pollan

National Eating Disorders Association

Harvard Health Publishing