

Sugar Free

Make the Most of Meat

Lean, unprocessed meats do not contain any sugar. Beef, chicken, lamb, pork, veal, rabbit, turkey, salmon and tuna are completely sugar-free, and you can prepare appetizing meals with them without adding any sugar. Steer clear of processed or canned meats such as bacon, cured ham, chorizo, pancetta and sausage, as they can have sugar added to act as a preservative.

Eat Your Veggies

Nonstarchy vegetables have fractional amounts of natural fructose -- less than a gram of sugar per 50-gram serving. Starchy vegetables, such as sweet potatoes and pumpkins, have a higher sugar content. The best vegetable options include avocados, artichokes, asparagus, beets, Brussels sprouts, cauliflower, celery, cucumbers, eggplant, collard greens, kale, lettuce, turnips, parsnips, mushrooms, radishes, tomatoes and squash. You can also use frozen vegetables if it's not possible to buy everything fresh.

Don't Ditch Dairy

Natural, unflavored dairy foods are free from added sugar. Although milk and milk products contain lactose -- a naturally occurring carbohydrate that is converted to sugar in the body -- it's a fairly small amount. For example, a cup of fat-free milk has 12 grams of sugar. Dairy products are high in protein, meaning that small servings are filling and can keep you satisfied for long periods. Choose milk, cheese and yogurt that has no added fruits or other ingredients. If you're limiting sugar -- both natural and added -- for health reasons, keep your intake of dairy low.

Go Nutty

Nuts and oils are also sugar-free and can be used in a versatile range of foods. Nuts such as almonds, hazelnuts, walnuts, Brazil nuts and macadamias are high in polyunsaturated fats, making them a satisfying and healthy snack. Choose unsalted, unflavored options to avoid added sugars. Additionally, oils can add flavor and improved texture to foods without adding any sugar: coconut oil, olive oil and nut oils are flavorful and healthy. You can use them to cook meats, add flavor to salads or replace dipping sauces.

No Sugar Shopping List website:

http://www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=698044

No Sugar" Shopping List

Stop SUGAR SHOCK!™ Shopping List

From Connie Bennett, C.H.H.C.

Author, SUGAR SHOCK! (Berkley Books, 2007)

Many people wrongly assume that cutting back or cutting out refined sweets means you just don't have anything left to eat. That's just not so.

The list below gives you some ideas of foods you may wish to try. FYI, this Stop SUGAR SHOCK!™ Shopping List is considered an addendum to Chapter 19 of SUGAR SHOCK! ("Without Sugar, What's Left to Eat? Plenty!")

Of course, it goes without saying that you should consult with a doctor before embarking upon any new diet, and you also need to avoid foods to which you may be allergic.

PROTEIN SOURCES

Beans & Legumes (½ cup serving size)

Adzuki
 Black beans
 Black eye peas
 Broad beans
 Butter beans
 Chickpeas
 Fava beans
 Great northern beans
 Kidney beans
 Lentils
 Lima beans
 Miso
 Moth beans
 Red beans
 Refried beans
 Soybeans (also called edamame)
 Split peas
 Tempeh
 Tofu, firm
 White beans
 Winged beans
 Yellow beans

Blue cheese
 Brie
 Cheddar
 Colby
 Cottage cheese, lowfat, 1% (½ cup)
 Feta
 Goat, hard
 Goat, soft
 Gouda
 Jarlsberg
 Monetary Jack
 Mozzarella, part-skim
 Muenster
 Parmesan, grated
 Parmesan, hard
 Provolone
 Ricotta, part skim
 Romano
 Swiss

Eggs

Egg white only (x 2)
 Whole large (x 1)
 My favorite brand: Cage Free DHA Omega-3
 Gold Circle Farms eggs

Dairy Products:

Cheeses (1 ounce serving size; unless otherwise noted)

Milk & Yogurt (8 ounce serving size, unless otherwise noted)

Buttermilk, cultured
 Goat
 Lactaid, low fat, 1%
 Low fat, 1%
 Milk, yogurt, low fat, plain (6 ounces) (Two brands are Total 0 percent fat and Emmi low fat)
 Skim, dry (¼ cup)

Meats (3 ounce serving size, unless otherwise noted. Tip: 3 ounces equals “deck of cards.”)

Antelope
 Beef sausage (1 ounce)
 Beef, ground, extra lean
 Beef, round, bottom
 Bison
 Buffalo
 Flank Steak
 Frogs Legs
 Lamb
 Liver
 Pot Roast
 Rabbit
 Rib eye
 Short loin porterhouse
 Short loin T-bone steak
 Sirloin
 Tenderloin

Nuts and Seeds (6 to 10 nuts serving size; 2 tbsp. for nut butters)

Almond butter, natural
 Almonds
 Cashew butter, natural
 Cashews
 Hazelnuts
 Hickory nuts
 Lotus seeds
 Macadamia nuts
 Peanut butter, natural

Peanuts
 Pecans
 Pistachios
 Pumpkin & squash seeds
 Safflower seed kernels
 Sesame seeds
 Soy Nut Butter (see list below)
 Soy nuts
 Tahini (sesame nut butter)
 Walnuts
 Watermelon seeds

Poultry (3 ounce serving size, unless otherwise noted)

White meat only, no skin recommended.

Chicken breast
 Chicken cutlet
 Chicken ground
 Duck
 Hen
 Turkey breast
 Turkey ground (light meat)
 Turkey sausage (1 ounce)
 Pheasant
 Quail

Seafood (3 ounce serving size; unless otherwise noted)

Abalone
 Anchovy
 Anchovy, canned in olive oil (5 anchovies)
 Barracuda
 Bass, striped
 Blackfish
 Bluefish
 Carp
 Catfish
 Caviar, black & red
 Clams
 Cod
 Crab, Alaska king

Crab, Dungeness
 Crayfish
 Eel
 Flounder or sole
 Grouper
 Haddock
 Halibut
 Herring
 Kingfish
 Lobster
 Mackerel
 Mullet, striped
 Mussels, blue
 Ocean perch
 Octopus
 Orange Roughy
 Oysters
 Perch
 Pike
 Pike
 Pollock
 Pompano
 Salmon, Atlantic
 Salmon, Coho
 Salmon, pink, canned
 Sardines, canned in water (2 sardines)
 Scallops, bay
 Sea bass
 Sea trout
 Shrimp
 Smelt
 Snapper
 Squid
 Sturgeon
 Swordfish
 Trout, rainbow
 Tuna, Blue fin
 Tuna, canned in spring water
 Tuna, yellow fin
 White perch
 Whitefish
 Yellowtail

FRUIT Serving size

Acerola
 Apple
 Apricots
 Avocado
 Banana
 Blackberries
 Blueberries
 Boysenberries
 Cantaloupe
 Carambola
 Casaba melon
 Cherries
 Crabapples
 Cranberries
 Feijoa
 Figs
 Gooseberries
 Grapefruit
 Grapes
 Guava
 Honeydew melon
 Kiwifruit
 Kumquats
 Lemon
 Lime
 Longans
 Lychees
 Mango
 Mulberries
 Nectarine
 Oheloberries
 Orange
 Papaya
 Passion fruit
 Peach
 Pear
 Pineapple
 Plum
 Pummelo
 Quince
 Raspberries, Strawberries, Tangerine 1 c

