



THE ENEMY WE LOVE

By Ellen W. Hyner

TABLE OF CONTENTS

DEDICATION

INTRODUCTION

WHY DO WE LOVE SUGAR?

WHY IS SUGAR BAD FOR US?

WHAT CAN WE DO ABOUT IT?

TAKEAWAYS

APPENDIX

DEDICATION

**TO ROB, MATTHEW AND ALEX
WHO ARE THE SWEETEST PART
OF MY LIFE. THANK YOU.
ALL MY LOVE....**

INTRODUCTION

**I am so pleased you are reading this book.
Welcome! Let's talk about Sugar.**

Who doesn't love Sugar? We all do! It's everywhere. It's been an integral part of our lives since we were infants. It makes us think of joy, celebration, comfort, reward and pleasure.

Now we are learning how harmful Sugar is and we are forced to separate ourselves from this lifelong attachment. WE can face our Sugar problems together.

You'll read about why we love Sugar, why it is bad for us, and most importantly, what we can do about it.

My hope is that when you finish reading this book you will be a little more mindful of what YOU can do to reduce Sugar's impact on your life.

**WHY
DO WE LOVE SUGAR ?**

Let's start with Evolution. Sugar, though not a nutrient, is a basic source of energy in our food. When we were Hunters and Gatherers, sweetness was a sign that a food was safe to eat, that it was not poisonous. But, excess Sugar in the bloodstream is toxic, so our bodies adapted by rapidly converting all that excess Sugar to fat. Hunters and Gatherers needed that fat to be active during periods of food scarcity, like winter.

We humans have evolved to crave Sugar, eat it, store it and then use it. That worked well when our bodies were well-balanced, when Sugar was so rare. The sweetest food we had was probably honey, and that was carefully guarded by bees! Fruits were seasonal. Most choices were no sweeter than carrots.

We know that newborns can detect sweetness and prefer it to any other tastes. Sugar doesn't just taste great to babies, it makes them feel great, so much so that it is often used as a pain reliever.

Our Sugar habit is well-established right from birth.

We really have no physiological need for ADDED SUGAR. The problem is that Sugar is biochemically addictive. The moment sugar hits our tongue--or sometimes just when we SEE something sweet--the Pleasure Center in our brain is activated, the very same Pleasure Center that is activated by cocaine and other drugs of abuse. Let me repeat that: Sugar activates the very same Pleasure Center in the brain as cocaine!

Once the Sugar is ingested, it causes a spike in our blood sugar and then in insulin. This results in an increase in hunger and cravings just a few hours later, when we begin the cycle again. Ultimately, the body needs more and more Sugar to be satisfied.

We take an emotional ride when we eat Sugar. We feel great at first--excited and motivated. Then comes the so-called "crash," often characterized by fatigue, moodiness and headaches. Who doesn't want to feel GREAT? Our natural inclination is to reach for more--and more--sugary treats.

Taking our emotional state into account, if, for example, we are tired, alone, bored or stressed, our dependence on Sugar for a boost is exacerbated.

This is why Sugar is biochemically and emotionally addictive.

The first problem we face as a culture is that it is very difficult to WILL ourselves to eliminate Sugar, precisely because it is so addictive. We constantly blame ourselves for our weakness for sweets, then we feel guilty and end up seeking comfort in those same sugary treats. It becomes a vicious cycle.

Our love affair with Sugar began when we were infants. The first foods we willingly ate were the sweet ones. When we were young children, Sugar was often used as a way to celebrate, like on birthdays and holidays. It was a special treat, perhaps if we were sick, and a reward for finishing our dinner or getting a good report card. Early on we began to associate sweets with celebration, success, comfort, with pleasing adults and with performing well.

As adults now, we can all remember those special moments marked by hot chocolate with mini marshmallows or by the delicious smell of cookies baking.

Memories are a powerful and irresistible trigger.

SUGAR IS EVERYWHERE! It's in the obvious places like ice cream, candy, cookies and cake. It has a very seductive pull and Food Manufacturers bank on that. They load sugar into our sodas, sports drinks, soups, salad dressings, spaghetti sauce, cereal, and barbecue sauce--just to name a few! Sugar is even added to "healthy" products like granola, energy, protein and nutrition bars, yogurt, orange juice and low-fat or non-fat anything!

Sugar is abundant--in plain sight and "hidden" in plain sight. It is hard to know exactly how much Sugar we are consuming per day. Sugary, processed foods are often cheaper, in the short run, and more convenient, offering a huge assortment of choices.

All this talk about Sugar? What is Sugar?

Sugar is a carbohydrate which we interpret as sweet. It occurs naturally in foods like beans, vegetables, grains, fruit and dairy. A few of these familiar sugars are fructose and lactose which are good as long as they stay where they belong--in these whole, real foods! Before any of these sugars are processed, they contain vitamins, minerals and enzymes. When they are chewed and digested they provide **GLUCOSE, THE ENERGY OF LIFE, for our cells, tissues, bones, muscles and organs.**

Sugar Cane and Sugar Beets are natural and loaded with nutrients.

ADDED SUGAR, which is refined or processed, is also called sucrose, high fructose corn syrup and many other names. Sugar has about 56 names. **ADDED SUGAR IS NOT A NUTRIENT. It**

doesn't provide us with anything. This is the Sugar we are discussing in this book. Once it is removed from its natural plant sources, like Sugar Cane or Sugar Beets, it no longer has any vitamins, minerals or enzymes. Instead the body becomes depleted of its own stores of vitamins and minerals just to absorb the energy it needs.

When we eat ADDED, refined, processed or chemicalized Sugar, our body freaks out! The Sugar enters our bloodstream causing our blood sugar levels to go crazy. Insulin levels increase to accommodate the onslaught of Sugar. First, our blood sugar spikes causing those irresistible good feelings, that Sugar High, but along with excitability, nervous tension and hyperactivity. Then comes that crash-- fatigue, headaches, moodiness, listlessness--

**and the need for more and more Sugar,
biochemically and emotionally.**

We know Sugar wreaks havoc with our bodies. It increases blood sugar and then insulin levels which triggers the storage of fat around our bellies. In fact, Insulin is called the "Fat Storage Hormone."

We know that Sugar is biochemically addictive! Eating **ADDED SUGAR in any form, even plant-based or artificial, makes us crave more and more, physiologically and emotionally.**

SUGAR HIJACKS OUR BRAIN CHEMISTRY, by lighting up those Pleasure and Reward Centers in our brain. The more sugary foods we eat, the more we develop a tolerance and need more and more to feel satisfied.

Sugar also bypasses the hormone that tells us we have had enough to eat. The brain thinks we are starving! Needing Sugar becomes a

biochemical drive. We are not totally to blame, we shouldn't feel so guilty when we crave and eat sweets. It is very difficult to overcome this biochemical drive and desire with just Willpower.

**ADDICTION IS TOO TOUGH AN OPPONENT FOR
WILLPOWER ALONE!**

We hear frequently in the news now that Sugar is toxic, that it is a poison. We know it is addictive and makes us crave more. We know it confuses our system and causes us to store excess Sugar as fat around our bellies.

Scientists are uncovering direct links between ADDED SUGAR and what is called "Metabolic Syndrome," today's new medical buzzwords. "Metabolic Syndrome" refers to the Obesity to Type 2 Diabetes continuum, as well as heart disease, hypertension and strokes. The scary thing is that as few as 15 or so years ago Type 2 Diabetes was called "Adult Onset Diabetes." Today, because of our burgeoning Sugar and processed food habits, this diabetes is commonly found in children!

Sugar taxes the digestive system and depletes our bodies of important minerals, like calcium,

which makes it harmful to our bones and teeth. It suppresses the Immune System, 70% of which is in our gut. This can lead to autoimmune disorders, arthritis and even dementia. Every day scientists are finding new connections between Sugar and a wide range of illnesses.

We have an Obesity epidemic in the United States which will NOT improve until WE become more MINDFUL of the harmful effects of Sugar. Then we have to learn what we can do about it.

**WHAT CAN WE DO
ABOUT IT?**

So, here we go! We have discussed how Sugar is biochemically and emotionally addictive. SUGAR HIJACKS OUR BRAIN CHEMISTRY and is seriously harmful to our overall health.

Now, what can we do about it? First, we must be MINDFUL! The best way to start is by trying to identify exactly how much Sugar we are eating. Americans take in about 22 teaspoons of ADDED SUGAR per day. The American Heart Association recently came out with a recommendation of 6 teaspoons a day for women and 9 for men. They did not mention that our health is at risk. All they said is that Sugar has no nutrients, just empty calories. At least it is a guideline.

There are certain sugary treats we eat, perhaps daily, our so-called "Guilty Pleasures," but do we really know how much Sugar is in

them? The first helpful thing I learned is that
4 GRAMS OF SUGAR=ONE TEASPOON.

The grams measurement on food labels never
really registered with me.

A few popular treats are a Kit Kat Bar with
23 grams of Sugar, or about **5 1/2** teaspoons. A
small bag of M&Ms has **7 1/2** teaspoons of
Sugar. A Snickers Bar has **30** grams, **7 1/2**
teaspoons! That Halloween-size Snickers--you
know, the one where you feel allowed have **2**,
maybe **3** of them--has more than **4** teaspoons
of Sugar in one!

It is going to be fun to begin our Sugar-reducing Journey by keeping a Food Journal which serves several purposes: first and foremost it helps us become more MINDFUL, our primary goal in this book. Writing down each thing we eat, its Sugar content, how much we have, when we have it and how we are feeling at the time makes us more aware of our individual habits. This sounds like a daunting task, but once you start you'll develop a rhythm and it will take no time at all. We are even apt to exercise a little more self-control when we know we are going to record every morsel!

After about a week or two of keeping our Food Journal, we'll begin to clarify our patterns, our relationship between eating and emotions, and the times of day we are at our weakest. I was totally amazed at the amount of Sugar I was

eating on a daily basis and the times of day I was having it!

Where do YOU "hide" your Sugars, your Guilty Pleasures? My indulgences are red licorice--wheels, rolls, twizzlers, any version--and huge beautiful maple leaf-shaped maple candies. I had them everywhere: in my purse, in my car, in my desk drawer at work, in our TV room on my side of the couch, even in my workout room! Imagine! Though I have been reducing my Sugar intake for some months now, my maple candies are still in purse--just in case I have an emergency craving!

What are YOUR Guilty Pleasures?

How many of us have a Starbucks habit? Starbucks is the prototype for huge corporations manipulating our taste buds and our behavior, through all five senses. Every Starbucks looks essentially the same; they smell great and the taste of their products is always consistent. You hear lovely, quiet music, almost subliminally, while you wait--or while you stay and relax. Even the feel of that hot cappuccino or latte in your hand gives you a sense of COMFORT. They have comfy chairs and couches, useful large and small tables and wifi connections. The whole atmosphere envelops you and screams COMFORT. The drinks and food products are designed to have not just caffeine, but Sugar, too. Plus, they are delicious! They have been created to keep you coming back for more. In fact, you don't even need to "come back"--many people work or study right there for hours, long enough to have the caffeine,

and mostly Sugar, high where the Pleasure and Reward Centers in the brain are activated.

When you want another boost, it's easy! You can march right back up to the counter where the Barista knows your name and order, and do it all again! We cannot resist--biochemically, emotionally or mentally.

Is used to drink a Venti Chai Tea Latte--even the drink names are challenging. It delivered more than 13 teaspoons of Sugar! Luckily one day I decided it was too sweet so I switched to--ready?--a Venti Iced Light Caramel Frappuccino, with non-fat milk, of course. That was only 10 teaspoons of Sugar, not counting the second one I would often take home to enjoy later in the evening. With that I would have a blueberry scone--just one, another 4 teaspoons of Sugar. So that was 14 teaspoons of Sugar just to start my day. I had no idea!

Now is the time of year that the Starbucks Pumpkin Spice Latte is anticipated and enjoyed. A grande, just 16 ounces, has 12 teaspoons of Sugar. And this is a seasonal habit we deserve just to mark that it is Autumn. Imagine if you were sitting with a friend who had a 16 ounce of coffee--a fairly large cup--and they started adding teaspoons of Sugar. They started with 2 teaspoons, 4...ok, it's a large cup, but then 7? 9? 12? 12 teaspoons of Sugar!! You would think they were crazy.

We just need information, we need to be **MINDFUL**. Then we can sort out which choices to make when.

We certainly know our most private Guilty Pleasures. Next we need to figure out where the "Hidden Sugars" are.

FOOD LABELS ARE ENLIGHTENING!

First we have to remember that the Food Manufacturers, represented mainly by just 12 corporations, are in business to make money. OUR health is not THEIR concern. They spend billions of dollars on developing, advertising, marketing and selling their products. There are actually scientific institutes, funded by the Food Manufacturers, whose only goal is to manipulate the taste of foods to make us buy them--over and over. They achieve what they call the "BLISS POINT,"--it has a name!! It's called the "BLISS POINT," the point at which a food has enough fat, salt and especially Sugar to make us want it, crave it, need it and buy it,

and then want it, crave it, need it and buy it-- again and again! When Food Manufacturers manipulate foods, they manipulate US! The Food Manufacturers have what they call "Stomach Share," which sounds gross. It is how they measure their success or lack thereof.

Added to the taste manipulation are other tricks: the colors and characters used in packaging to get our attention and that of our children, the locations on shelves and at the end of aisles for which they pay dearly, and the so-called "Healthy" claims on the FRONT of the labels. Through constant research, the Food Manufacturers know exactly what buttons to push. They'll advertise "made from natural ingredients," "no high fructose corn syrup," and "naturally sweetened." When they use words like "natural" to describe their refined, chemicalized, **ADDED SUGAR, they just**

means it comes from Sugar Cane and Sugar Beets, for example, which were a plant at one time. That is all they need to say "naturally sweetened!"

The trick **WE** have to employ is to **TURN THAT PACKAGE OR BOTTLE AROUND!** First look at the number of servings in the container, then the serving size. Then check the nutrition information remembering that

4 GRAMS OF SUGAR=ONE TEASPOON.

Powerade Fruit Punch is a good example of how we are manipulated. When you see TV or print ads for it, you see jacked, smiling athletes, or just beautiful people, holding the **32** ounce bottle of Powerade. The **FRONT** of the bottle promises an "advanced electrolyte system" with several **B** vitamins added.

TURN THAT BOTTLE AROUND. The back of the label shows the sad truth: first of all, there are 2 1/2 servings in this bottle. A serving size is 12 ounces. The nutrition information is for each of those 12 ounce servings, not for the whole bottle! You think you are drinking 21 grams of Sugar, or about 5 teaspoons, when , in fact, if you carry that bottle with you (and drink it!) you are consuming about 13 teaspoons of Sugar--just in your sports drink!

Powerade came about because of Gatorade. In 1965, a University of Florida Gators Assistant Coach and some doctors realized that their players were "wilting" because of the fluids and electrolytes they were losing through sweating. The large amount of carbohydrates they were using for energy were not being replaced. They came up with a balanced formula of carbohydrates and electrolytes

which they called "Gatoraid," then "Gatorade." The Gators started winning! The problem was the drink tasted awful.

In 1968, seeing a marketing opportunity, Stokely-Van Camp, the company that had bought it, introduced the lemon-lime and orange favors. Then the ingredients listed were water, a few different Sugars and some chemicals. People began to drink it, Pepsi bought it from Stokely. Then the standard size became their 20 ounce bottle which delivers 9 teaspoons of Sugar, again just in our sports drink.

Vitamin Water is another example, my personal favorite. It's called VITAMIN...WATER so you automatically think it is healthy. They fooled me, I bought it for my children for years!

One serving is one bottle, 20 ounces. The FRONT of the bottle says vitamins and electrolytes are added and it is "naturally sweetened." Again, TURN THAT BOTTLE AROUND! The first ingredient is water, the second is Cane Sugar. Before it was processed, refined and removed of all its nutrients Cane Sugar WAS a plant, it WAS natural. Vitamin Water delivers 7 3/4 teaspoons of Sugar. Again, just in one bottle! Food Manufacturers are capitalizing on the highly touted need to stay hydrated. We do NOT need the toxic intake of Sugar to achieve that goal.

Coke is one of the best and worst examples of Food Manufacturers manipulating us. Robert Lustig, a pediatric endocrinologist and acclaimed Anti-Sugar Crusader, has summarized Coke's mission well. He calls it the "Coke conspiracy." Coke contains caffeine which

is a stimulant and diuretic--that makes us have to visit the rest room often--plus it contains sodium, all of which makes us thirsty. Sugar is added to mask the salt and make it more palatable--and more addictive! Very tricky.

A 12 ounce can of Coke has almost 10 teaspoons of Sugar.

A 20 ounce bottle of Coke contains more than 16 teaspoons of Sugar and is considered ONE SERVING!

Coke spends billions of dollars on advertising and marketing just to keep their products in our faces. They show beautiful people laughing, singing and enjoying life. Who does not want to be one of them! Another form of manipulation....

Cereals are another product that Food Manufacturers manipulate, not just through the colors and characters on the box, the purchased shelf space, and that "BLISS POINT" to achieve maximum "stomach share." Again, it's the claims on the FRONT of the box that grab our attention when they tout "whole grains," "low in cholesterol," "good source of vitamins," and "naturally sweetened." The Food Manufacturers, as always, are trying to entice us by using these buzzwords.

The "Whole Grains" they mention have been processed and stripped of their nutrients so they have to "fortify" the cereal with added vitamins. Most cereals are low in fat and cholesterol. We've discussed "naturally sweetened"--yes, once upon a time, long ago, this processed, refined, chemicalized **ADDED SUGAR** was a plant!

Once you have recuperated from the Back-Of-The-Labels shock, it is important to read the ingredients which are listed in order of amount, largest first. Sugar has about 56 names (See Appendix).

The first ingredient in Lucky Charms, a popular, great example, is in fact whole grain oats including the bran, which is the fiber. The next ingredients are Sugar, modified corn starch, corn syrup and dextrose. These are all Sugars. A few more appear farther down the list. If you added them all up, Sugar would probably be the first ingredient!

There are about 13 grams of Sugar in one cup of Lucky Charms, or about 3 teaspoons. But next time you have or serve cereal, try to measure out exactly how much you are having. I used to snack on a bowl of dry cereal every

night. Imagine when that measured out to be more like 2 1/2, almost 3 cups of cereal, not one! Be careful, serving sizes, especially of cereal, can vary from 3/4 cup to 1 1/2 cups. It is interesting to compare a few side by side next time you are at the grocery store.

We have been discussing foods that we KNOW are sweet. Sugar is also HIDDEN in foods we would not have thought of, like mentioned earlier, tomato sauce, salad dressing and barbecue sauce. Plus it is found in bread, hamburger and hot dog buns and fat-free or low-fat anything! For example, one innocent slice of bread can contain 1 teaspoon of Sugar before you add whatever toppings you like.

On the front of Fat-Free Raspberry Vinaigrette it says, besides "fat-free," "no HFCS," and "gluten-free." But, TURN THAT BOTTLE AROUND

for the bad news: a serving size is 2 Tablespoons of dressing which contain 2 Teaspoons of Sugar. That's 1 teaspoon of Sugar for every tablespoon of dressing. I know I use way more than 2 tablespoons of dressing on my salad.

Even foods that seem healthy are engineered to trick us. Protein or Energy Bars and Granola that show pictures of nuts and fruits on the FRONT of their label and say "healthy" or "whole grain" can contain 4 teaspoons or more of **ADDED SUGAR** per serving. Watch for anything that says, "crispy," "crunchy" or "clusters" as they are usually held together by fat and tons of Sugar. The best healthy bars are those with 7 ingredients or less, none of which are Sugar by any name. I like Lara Bars. There are a few others like them.

Yogurts with fruit on the bottom sound great but you'll find that the first ingredient is whatever makes it yogurt, then the fruit, and then all the different **ADDED SUGARS that make it pack 6 teaspoons of Sugar, or more, per serving!**

The general rule is that if a food is packaged, it has been processed and is most likely loaded with **ADDED SUGARS.**

My goal with this book is that we all become more **MINDFUL of exactly what we eat and how much Sugar is in plain sight or "hidden" in plain sight. When we go to the grocery store let's be **MINDFUL** of what the Food Manufacturers are trying to sell us--again for their profit, not our health! Comparing like items among the cereal, pasta, bread and**

protein bar choices can teach us which are the healthiest. That is always our GOAL: to select the best items among the choices available.

When we go to the grocery store it is good to shop the perimeter first where we can find lean meats, fresh produce, seafood and dairy products. The middle aisles contain the processed and junk foods. When I go to the center of the store, I TRY to find foods that contain no more than 7 ingredients, again none of which are ADDED SUGARS, artificial or words that I cannot pronounce (except for Quinoa maybe).

TAKEAWAYS

**So, TOGETHER, let's become more MINDFUL.
We can use our Facebook Group Page,**

SUGAR, THE ENEMY WE LOVE

**[http://facebook.com/groups/
649800971794470](http://facebook.com/groups/649800971794470)**

Here we can share our discoveries, tricks, experiences and...misery!

We are not trying to completely eliminate **ADDED SUGAR from our diets. That's just not realistic.**

We can start with our Food Journals. After a week or two we will see our eating habits more clearly. Let's try to include how much **ADDED SUGAR is in each item we list (where possible) just to get a general idea of our daily Sugar intake. We will start to understand **WHY** we eat, **WHEN** and **WHAT** we choose. We will know**

our emotional states from stressed out to bored.

A funny aside:

STRESSED SPELLED BACKWARDS IS DESSERTS

Seems like a kind of mean, cosmic joke.

Anyway, our Food Journal will help us cut down on mindless eating and make us more accountable. Having to answer even--or especially--to ourselves keeps us motivated. We can set small, doable goals and celebrate each success! We can follow our own progress and see changes unfold over time. We will feel proud, successful and anxious to keep going. Then we can share with each other. We can ease on into this **TOGETHER**.

While we do all this, we are retraining our palates by making better and better choices.

Armed with enough information, we can reduce the **ADDED SUGAR in our lives--and celebrate along the way. Triumphs come in all sizes!**

The theory of Crowding Out is helpful. The idea is that you **ADD more food to your diet rather than concentrating on eliminating foods or depriving yourself. By **ADDING** fruits, vegetables and other healthy choices, you **Crowd Out** or leave less room for the unhealthy ones.**

The first thing I would suggest is that we reduce our **LIQUID SUGAR intake. It takes the least amount of time and attention to down a **20** ounce drink like **Vitamin Water** relative to the **7 3/4** teaspoons of **Sugar** you are getting.**

My Husband's **Vitamin Water trick was to slowly dilute it over time. He went from about**

3/4 of a bottle mixed with water to now a very pale shade of pink drink with a little flavoring. Essentially he Crowded Out the Vitamin Water by adding plain water.

While we are discussing LIQUID SUGAR, that reminds me: let's try to reduce the amount of Sugar we add ourselves, especially to hot drinks. If, for example, you add 2 teaspoons of Sugar to each cup of coffee you drink, try to reduce that amount slowly. You'll be surprised at how quickly 2 teaspoons of Sugar will seem way too sweet.

Next, let's take the ADDED SUGAR out of breakfast.

We have covered processed foods and fat-free or low-fat anything! Stevia and artificial sweeteners aren't much better because they

send confusing signals to the brain which can cause overeating.

We know not to be fooled by the FRONT of the labels, but to TURN THAT PRODUCT AROUND for the real facts. Most important are the number of servings, in the bottle for example, then the serving size and the number of grams of sugar per serving. In the beginning there will be a little math involved starting with

4 GRAMS OF SUGAR=ONE TEASPOON

Eventually we will Crowd Out the over sweetened, processed, chemicalized products in favor of much healthier choices.

Sleep and exercise will make our journey easier.

We know that we are genetically programmed to love sweets. We know that SUGAR HIJACKS OUR BRAIN CHEMISTRY and the FOOD MANUFACTURERS HAVE HIJACKED OUR WILLPOWER! We should not just give up, we should not feel guilty about or ashamed of what we eat. Choosing sugary foods results from an ADDICTION. It is not totally a failure of Willpower.

WE MUST BE MINDFUL!

We can spend a few extra minutes--just a few times--at the grocery store LEARNING: what the labels FRONT AND BACK really say, where the ADDED SUGARS are hidden and which products are healthiest for us and our families. With small steps we can Crowd Out the unhealthy choices by Adding better ones, not just by depriving ourselves.

We cannot eliminate ADDED SUGAR completely because that is not realistic, but we can make changes, slowly and deliberately. We need to get organized! Our Food Journals will clarify our habits, emotions and weaknesses. We can set small, doable goals and share our successes and missteps (never called "failures") on our journey **TOGETHER.**

**Our Facebook Group Page,
SUGAR, THE ENEMY WE LOVE**

**[http://facebook.com/groups/
649800971794470](http://facebook.com/groups/649800971794470)**

**is a safe place to share our experiences,
celebrate...ourselves and learn from each
other!**

TOGETHER we can become more **MINDFUL**. We might even share a laugh or two along the way!

photo credit: Robert Hyner
hynerphotoart.com

APPENDIX



SUGAR, THE ENEMY WE LOVE

56 NAMES FOR SUGAR

BARLEY MALT
BARBADOS SUGAR
BEET SUGAR
BROWN SUGAR
BUTTERED SYRUP
CANE JUICE
CANE SUGAR
CAMEL
CORN SYRUP
CORN SYRUP SOLIDS
CONFECTIONER'S SUGAR
CAROB SYRUP
CASTOR SUGAR
DATE SUGAR
DEHYDRATED CANE SUGAR
DEMERARA SUGAR
DEXTRAN
DEXTROSE
DIASTITIC MALT
DIATASE
ETHYL MALTOL
FREE FLOWING SUGARS
FRUCTOSE
FRUIT JUICE
FRUIT JUICE CONCENTRATE
GALACTOSE
GLUCOSE
GLUCOSE SOLIDS
GOLDEN SUGAR
GOLDEN SYRUP
GRAPE SUGAR
HIGH FRUCTOSE CORN SYRUP HFCS
HONEY
ICING SUGAR
INVERT SUGAR
LACTOSE
MALT
MALTODEXTRIN
MALTOSE
MALT SYRUP
MANNITOL
MAPLE SUGAR
MOLASSES
MUSCOVADO
PANOCHA
POWDERED SUGAR
RAW SUGAR
REFINER'S SUGAR
RICE SYRUP
SORBITOL
SORGHUM SYRUP
SUCROSE
SUGAR (GRANULATED)
TREACLE
TURBINADO SUGAR
YELLOW SUGAR



© 2014 ELLENHYNER.COM

SUGAR, THE ENEMY WE LOVE

Please join our Facebook Group Page, "SUGAR, THE ENEMY WE LOVE"

facebook.com/groups/649800971794470

Watch for free Ebooks, teleseminars and future events in the
[Aging Gracefully Workshop Series](#)

Sign up for some R&R*

Get a free one-on-one, 50 minute *Recollections and Reflections
Health Coaching consultation.

Check out ellenhyner.com

