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Technically, our plan
isn't 100% sugar-free
nutritious foods
such as milk, plain
yoghurt, fruit, veg,
pasta and rice all

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naturally contain
some sugar. Plus we
haven't cut out bread,
which contains small
amounts of added
sugar to help get the
yeast working. But we
have ditched all those
foods that contain
lots of added sugar.

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The sugar-free, wheat-
free diet focuses on
whole foods and
avoids processed
foods, especially

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those containing
added sugar, trans fat
or refined wheat.
What Foods to Eat
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choose...

The Sugar-Free,
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Natural sugars occur
in fruit and some
dairy products.

Although the
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Proponents of some
no-sugar diet plans
say that a person
should eliminate fruit,
this may not be the
most healthful choice.
Fruit...

No-sugar diet: 8 tips
and health benefits
Cut back on the
amount of sugar you
may regularly add to
foods and drinks,

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such as tea, coffee,
cereal and pancakes.

Replace sugar-
sweetened beverages
with sugar-free or low-
calorie drinks ...

Sugar: should we
eliminate it from our
diet?

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

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Sugar: the facts - NHS

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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-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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The Essential Blood

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Where To Download The Sugar Diet Recipe Book: A Quick Start ... The Sugar Busters Diet allows low- glycemic fruits, vegetables, whole grains, proteins, healthy fats, sugar substitutes, and low- fat dairy products without added sugar. Foods to avoid Recipes

Sugar Busters Diet

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Review: Does It Work
for Weight Loss?
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book. Read reviews
from world ' s largest
community for
readers. As a result of
the huge success of
And Delicious
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Abstain: Completely

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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
hyperpalatable foods
or things with a
'sweet' taste such
as nut butters,
coconut, or vanilla.

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