

THE FEBFAST SUGAR CHEAT SHEET



Want to know what exactly febfast Sugar is all about? You've come to the right place.

Giving up sugar is pretty complex and there's a lot of information out there on what you should and shouldn't be giving up. So for febfast Sugar, we've enlisted the help of Accredited Practising Dietician and Nutritionist, Rebecca Gawthorne, to help us out with what we mean by removing sugar from your diet.

Firstly, sugar can be listed under many different names so check the label! Look out for things such as: sugar, brown sugar, raw sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, invert sugar, lactose, maltose, malt syrup, sucrose, sugar syrup, cane crystals, cane sugar, crystalline fructose, evaporated cane juice, corn syrup solids and malt syrup. You should be avoiding the lot!

But that's a lot of information to follow, so here are a few handy ins and outs to get you through the month.

| IN | OUT |
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| ✓ Water. And, if you don't like plain water, try adding some sliced lemon, lime, orange, strawberries or fresh mint. Grab one of febfast fruit infuser water bottles to help you out! You can also try coconut water. | ✗ Soft drink, cordial, fruit juice, energy drinks and any other sugary drinks. |
| ✓ Homemade dressings using spices, herbs, garlic and a squeeze of lemon or lime. | ✗ Commercial condiments, sauces and dressings. |
| ✓ Natural, plant based sweetener such as Stevia. | ✗ Sugar in tea or coffee. |
| ✓ Rolled oats topped with fruit or homemade muesli made with rolled oats, nuts and seeds. | ✗ Commercial, processed cereals. |
| ✓ Greek style yoghurt or homemade fruit desserts (keep an eye out for delicious recipes). | ✗ Ice-cream, ice-blocks, and gelato. |
| ✓ Homemade, healthy treats using Stevia or fruit instead of sugar. Fruits such as bananas and dates can make excellent sugar substitutes when making muffins, cakes, slices and other desserts! | ✗ Commercial cakes, slices, biscuits and sweets. |
| ✓ Fresh fruit, (some - see below) dried fruits, nuts and seeds. | ✗ Sugary, commercial snacks - including sugar-coated dried fruit. |

ABOUT REBECCA

Rebecca Gawthorne (aka "Nourish Naturally") is an Accredited Practising Dietician, Accredited Nutritionist and a member of the Dietitians Association of Australia.

"I love food and despite four years of studying food and nutrition at University, publishing research on health, and helping thousands of clients with their eating, it never ceases to amaze me how important healthy, nourishing food is to our bodies.

Food physically becomes you! It makes up every cell in your body - your muscles, hair, skin, heart. We need to nourish our bodies with healthy, real, wholesome foods to ensure our bodies function healthily, to feel energetic and live the life we were created to."

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A NOTE ON FRUIT

Whilst it's true fruit contains natural sugars, Rebecca recommends not restricting fruit consumption. Fruit contains natural sugars that your brain utilises for energy, plus they are packed full of vitamins, minerals, fibre, antioxidants and phytochemicals, all of which promote health and prevent disease.

Dried fruit can contain higher amounts of natural sugar than fresh fruits and can often be coated in white sugar, so whilst plain dried fruit is ok, fresh is always best.

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