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## SUGAR - FREE DIET

A sugar-free diet is very straight forward so long as all food is prepared, and cooked at home, from basic foods, as there can be a problem with food processed in any way. For instance, all jams contain sugar unless clearly stated sugar-free on the label. If packaged foods are bought check the labels carefully to make sure that no sugar is added.

Sugar is also contained in many surprising items, such as pickle, tomato sauce, many cereals, and many other prepared foods. Remember also that sugar comes, in many forms e.g. Sucrose, dextrose, fructose, fruit sugars and honey. If still in doubt after checking the label, then the food is best avoided. Removing sugar from the diet is recommended for two main groups of people; children with behaviour problems, and people with intestinal Candida.

Children with behavioural problems may react differently to sugar derived from sugar cane, to that from sugar beet, so in some cases raw cane sugar may be acceptable. Hyper-active children also are generally alright with fructose, and many brands of honey, particularly organic honey, as no sugar feeds are given to organically farmed bees.

People with chronic yeast infestation will usually need to avoid all the sugars, fructose, and honey. The main characteristic of yeasts is that all will ferment on any sugar-based product, so all types of sugars may well trigger yeast growth, though honey and fruit sugar (fructose) may be less likely to do so than cane and beet sugar.