



Removing Hidden Sugars

Sugar is lurking everywhere and you are probably consuming more than you know especially if you are eating foods in cartoons, boxes or cans. It bad for your health!!

It's been linked to illnesses like obesity, type 2 diabetes, and heart disease. According to the American Heart Association (AHA) the maximum amount of added sugars is **7 teaspoon (37.5 g) for men and 6 teaspoon (25.g) for women.** For us keto peeps we want to keep it close to ZERO and keep the fat high!

A large part of your daily sugar intake is hidden inside various packaged and processed foods, many of which are marketed as healthy.

So how are you getting in extra sugar?? Food companies are very sneaky so lets take a look at what you can do and where sugar maybe lurking in your food choices.

#1 Give sugar a different name

Sugar has different names so beware. Many food companies will use unusual names and you won't be able to recognize them.

The most common dry forms are:

- Barley malt
- Beet sugar
- Brown sugar
- Buttered sugar
- Cane juice crystals
- Cane sugar
- Caster sugar
- Coconut sugar
- Confectioner's (powdered) sugar
- Corn sweetener
- Crystalline fructose
- Date sugar

- Dextran, malt powder
- Ethyl maltol
- Evaporated cane juice
- Fruit juice concentrate
- Golden sugar
- Invert sugar
- Maltodextrin
- Maltose
- Muscovado sugar
- Organic raw sugar
- Panela
- Palm sugar
- Rapadura sugar

The most common liquid forms are:

- Agave nectar
- Carob syrup
- Golden syrup
- High-fructose corn syrup
- Honey
- Malt syrup
- Maple syrup
- Molasses
- Oat syrup
- Rice bran syrup
- Rice syrup

#2 Healthy sugars instead of sucrose

Many companies swap out sugars with an alternative sweetener that is considered healthy. They are marketed as “contains no refined” or “refined sugar-free.” This means they don’t contain white sugar.

Common high-sugar sweeteners that are often labeled healthy include:

- Agave syrup
- Birch syrup
- Coconut sugar
- Honey
- Maple syrup
- Raw sugar
- Cane sugar
- Sugar beet syrup

If you see these sweeteners on a food label, remember that they’re still sugar and should be eaten sparingly.

#3 Sugars added to unlikely foods

It may surprise you but you will find sugar in yogurt, breakfast bars, breakfast cereals, condiments like ketchup and spaghetti sauce.

Some yogurt contains up to 6 teaspoons of sugar per serving, breakfast bars up to 4 teaspoons of sugar and even so called healthy cereal like Kellogg’s raisin bran, 18 grams of sugar per 1 cup.

#4 Natural sugars

Beware of dried fruit that is very high in sugar and even dairy products. One cup of milk has 3 teaspoons (13 grams) of sugar.

#5 Health claims

Lots of food labels have savvy marketing labels like “natural,” “diet,” “light,” “healthy,” and “low fat.” Low fat and low calories often means they are loaded with sugar to give them a flavorful taste.

#6 Portion size

When reading labels it can be 5 grams per serving and a serving can be 8 ounces yet the bottle is 16 ounces, and a person may think the bottle is one serving. This is very common in beverages.

#7 Best sweeteners for low-carb keto diet

Stevia

Stevia is the most common natural sweetener used in the keto diet. It is derived from the *Stevia rebaudiana* plant and is very versatile and comes in powder and liquid form.

It's much sweeter than regular sugar, recipes require less stevia to achieve the same flavor. For each cup (200 grams) of sugar, substitute only 1 teaspoon (4 grams) of powdered stevia.

Erythritol

Is a type of sugar alcohol that is up to 80% as sweet as regular sugar. It stimulates the sweet taste receptors on your tongue to mimic the taste of sugar.

It usually doesn't cause any digestive distress that is often associated with other types of sugar alcohols.

Xylitol

Xylitol is a type of sugar alcohol that is as sweet as sugar but contains 3 calories per gram and 4 grams of carbs per teaspoon.

Note that it has been linked with digestive problems when used in high doses, so use sparingly.

Monk fruit sweetener

A natural sweetener extracted from the monk fruit a plant native to southern China. It's 100-250 times sweeter than sugar but contains no calories or carbs.

Yacon syrup

Yacon syrup is from the yacon plant root, a tuber grown in South America. It's rich in fructooligosaccharides (FOS), a type of fiber your body is unable to digest. Some studies suggest it may help lower blood sugar and insulin levels.

Bottom line

Fat gives food flavor and what is common with many low fat foods they load them with sugar to give them flavor.

Read labels and look for the ingredients and for names of sugar.