

- **Sucrose**
- **Syrup**

Every time you find these sugars in your foods, notate on your list the kind of sugar you found, and in what product you found it. Then you can determine where the sugars are coming from, and can take the next step to rid your kitchen of added sugar.

Educate yourself. Find out which sugars are bad for you, and which sugars are okay in moderation. When reading labels, remember that the manufacturer lists the ingredients in order of amount, from greatest to least. If any sugar is included in the first three or four ingredients, chances are that the product in question is high in sugar content. Try to avoid these types of products.

“Natural” sugars, such as honey, molasses, and Maple syrup are generally much healthier for you than the man-made sugars, such as High Fructose Corn Syrup. If you must go with a sugar, go with these.

Once you determine which products tend to be high in added sugars, it will be a little easier to pick and choose the next time you’re walking the aisles at the grocery store. If it helps, make a note next to each item on your shopping list that tends to harbor added sugars.

Remember - just because something seems good for you, doesn’t mean that it is. Some products that are usually high in sugar content are:

- **Cereals**
- **Peanut butter**
- **Breakfast bars**
- **Salad dressings**
- **Processed foods, such as pre-packaged frozen dishes**
- **Tomato sauce**
- **Juice**
- **Flavored, pre-packaged oatmeal**
- **Crackers**
- **Jarred fruit**
- **Yogurt snacks**
- **Ketchup**

Get your kids in on it. This might be more difficult than it seems – or maybe not, depending on your kids! Most children – and let’s face it, adults - love sugar, and gravitate toward products that contain it in high amounts. Eliminating, or even cutting down, the sugar in anyone’s diet is a difficult process. Sugar is addictive, and the sudden absence of it from your diet can cause a kind of withdrawal.

Like most addictions, the best way to deal with the change is to get rid of it altogether – cold turkey. This will cause a lot of grief in your children’s lives, initially – with much



wailing and wringing of hands. But by the third day of the elimination, you'll find that everyone in your household has adjusted quite nicely.

Once you've reached the point where you are eating with little to no added refined sugars, you can go ahead and add certain kinds back in - such as honey, molasses, and even occasionally, brown sugar. Maple syrup is a delicious, healthful alternative for you to consider when adding sweeteners to your culinary creations.

Go ahead and continue eating fruits all through the sugar-elimination diet. Although high in fructose, fruit is also an excellent source of fiber, vitamins, and potassium.

Keep 'em busy. To make the sugar elimination easier, try to keep your child busy with activities to distract them from their new diet without sugar. Go for walks, or play games with them. Let them choose their own activity that they'd like you to do with them. This will make the whole transition a whole lot easier on them – and on you.

Food for thought...

ADD controversy. There has been a lot of discussion over the issue of ADD among experts, with some speculation over whether or not diet can help in the treatment, in some cases. With a seemingly ubiquitous number of cases diagnosed in the schools today, some parents have looked beyond medication for the treatment of ADD symptoms. With the elimination of all refined sugars in your child's diet, you might be surprised at the results.

As well as cutting out sugars, you can also try eliminating other factors that may affect behavior, such as artificial colors and flavors, and other chemicals that are often added to foods – such as monosodium glutamate, aspartame, and sodium nitrates and nitrites. If the elimination of sugars and chemical additives doesn't affect your child's behavior, you can confidently rule them out as the source of your child's symptoms.

A word about HFCS. Although much research has been conducted regarding FDA-approved High Fructose Corn Syrup, or HFCS, results have shown this sweetener to be relatively innocuous. However, it is still a good idea to avoid this sweetener in your sugar-elimination diet and beyond, especially considering that the long-term results of its

use are not yet in. Stick to whole sugars, avoiding chemically-enhanced, genetically modified sweeteners.



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