

Protective Diet Class #086

Sugar in Health Food Camouflage

This class addresses getting sugar out of your life for good. Elimination of all unhealthy ingredients that cause a dopamine response makes the practice of a Protective Diet easy and sustainable for a lifetime free of triggers and cravings. Protective Diet assists in transitioning to a sugar-free life with tips on label reading and recipes designed to protect taste buds sensitized to the sweetness of natural fruit.

Announcements

- Join us in [Protective Diet Living \(PDL\)](#) to get support and recharge.
- Re-listen to [PD Classes](#) to get inspired and motivated.

Vocabulary

Dulled Dopamine Response	Psychological Food Addiction	Erythritol	Stevia
Physical Food Addiction	Emotional Food Addiction	Sugar Alcohol	Extract

Action Steps for Sugar Freedom

- **Eliminate Physical Addiction to Sugar**

- Foods that contain sugar elicit a dopamine response—the feel good hormone that soothes us.
- People turn to sugar when they are depressed because of the dopamine response.
- Fat and sugar together cause a very addicting dopamine response.
- Causes us to relate a pan of brownies to making us feel good.
- Enjoy [PD Brownies](#) and all of the [PD Treats](#).
- Sugar is highly addictive—dulls our dopamine response; therefore we need more to get the feel good response.
- Sugar is more addictive than caffeine.
- Granulated sugars are all the same; white sugar, coconut sugar, date sugar.
- Sugar Crash—feeling lethargic, irritable, and tired.
- We remove sugar to eliminate torture and struggle with cravings as well as to protect the endothelium.
- Taste buds change. The desire for sugar is intense in the beginning but goes away.
- Taste bud Reprogramming—natural sugars in fresh and frozen fruit are totally satisfying.

COMPARISONS:

- Recommended daily sugar intake is 25g/day.
- Dried fruit is concentrated sugar and will sabotage your results.
- Including dried fruit, you will easily exceed this recommendation and cause food cravings and dopamine response.
- Volume—Why we remove dried fruits as concentrated sugars:
 - Bananas are sweet, but because of their volume, water and fiber they satisfy without exceeding recommended intake.
 - Raisins vs. Grapes = concentrated sweetness without water dilution.
- PD removes all foods that contain over 3g of sugar per serving.

Food	Amount	Sugar (g)	Calories
1 Chocolate Chip Cookie	--	13.6g	--
1 Date	24g	16g	66
Fresh Apple	24g	2.5g	12.5
Fresh Apple	182g	19g	--
Dried Apple	182g	104g	--
Maple Syrup	4T.	47g	210
Unsweetened Applesauce	1T.	<1g	--
Crushed Pineapple	1T.	<2g	--
White Sugar	1T.	12g	

NUTRITION LABELS:

- If a product has >3g sugar/T. do not purchase or eat.
- White sugar has 4g sugar/tsp. = 12g/T.= 192g/cup, and we used cups of it at a time on a standard diet.

Sugar Names:

Corn sweetener	Brown rice syrup	Maple syrup	Raw sugar
Corn syrup	Honey	Coconut sugar	Invert sugar
Buttered syrup	Agave	Cane sugar	Names ending in <u>-ose</u>
Dried fruit	Beet sugar	Cane juice	Confectioner's sugar
Carob sugar	Castor sugar	Date sugar	Icing sugar
Malt sugar	Molasses	Fruit juice concentrate	Powdered sugar

PD SUGAR-FREE TRANSITION TOOLS:

- [Protective Diet Recipes](#) use 2 sweeteners to assist in transitioning to a sugar-free diet: [Erythritol](#) & [Stevia](#).
- Both are optional and can be gradually eliminated as taste bud sweet receptor sensitivity evolves.
- They are used to cut the bitterness of [cocoa](#), temper the acidity of [vinegar](#) and bring out the flavor of vanilla extract.
- They are not interchangeable in recipes. Follow the recipes as written to avoid fails.
- Cause no endothelial breakdown, no insulin or dopamine response, no negative impact on the body.
- Do not cause cravings, leading you to eat more and more—not appealing in large amounts.

Erythritol

- Sugar alcohol that absorbs into the system
- Studied Since late 1800s
- High Antioxidant Value
- 70% the sweetness of sugar

Stevia

- Additive-free leaf extract in alcohol base
- Bitter aftertaste
- Used in ¼ tsp. or less amounts
- Sweeter than sugar

• Eliminate Emotional Addiction to Sugar

- After overcoming physical addiction, your brain may still offer sugar as a way to feel better = Psychological Addiction.
- For years we associated baked goods with feeling good
- It's not Stevia, Erythritol or flour that causes you to overconsume. It's the emotional connection to food
- Eat to satisfy true hunger. Find other ways to make yourself feel good. Exercise instead of sitting through a second helping.

Cooking Tips

- Julie demonstrates how to peel a mango using a pint drinking glass.

Student Q&A

Q: Does the dopamine response to chocolate happen with cacao also?

Q: Why do we include bananas on a Protective Diet?

Q: Is Erythritol better than Stevia?

Encouragement

- I want you to eat your food, enjoy it, and feed yourself for nutritional reasons, not because your food is soothing you.

"I'm free. I don't have to keep eating to soothe myself. I never dreamed that possible because I was a binger; binging to soothe myself on a daily basis."

Recommended Recipes

- [Zucchini Bread](#)
- [Banana Health Bread](#)
- [Killer Ketchup](#)
- [Mango Salsa](#)
- [Breakfast Brownies](#)
- [Sweet & Spicy BBQ Sauce](#)

Recommended Classes

- [#046 Type I & Type II Diabetes](#)
- [Erythritol video—Dr. Greger](#)
- [#012 Identify & Eliminate Emotional Eating](#)
- [#072 PD Practice Check Up](#)
- [#006 Taste bud Reprogramming](#)
- [#002 Identifying True Hunger](#)