

# The Many Faces of Sugar



It is critical to steer clear of sugar in VLCD and Maintenance 1. **Always read labels!**  
Here is a list of ingredients that are sweeteners, whether artificial or natural, to avoid:

Agave Nectar (syrup)	Florida crystals™	Organic Dehydrated Cane Juice
Amasakke	Free flowing brown sugars	Panocha
Bar sugar	Fructose	Polysaccharide
Barbados Sugar	Fruit juice	Powdered sugar
Barley malt	Fruit juice concentrate	Rapadura
Beet sugar	Galactose	Raw Cane Crystals
Blackstrap Molasses	Galactose	Raw honey
Black sugar	Glucose	Raw sugar
Brown sugar	Glucose solids	Refiner's syrup
Buttered syrup	Glucose syrup	Ribose
Cane juice	Golden sugar	Rice extract
Cane juice crystals	Golden syrup	Rice malt
Cane sugar	Granulated sugar	Rice syrup
Caramel	Grape sugar	Saccharide
Caramel coloring	Grape sweetener	Saccharose
Carob syrup	High-fructose corn syrup (HFCS)	Sorbitol
Castor sugar	Honey	Sorghum
Confectioner's Sugar	Hydrolysed Starch	Sorghum syrup
Corn sweetener	Hydrogenated Glucose Syrup	Sucanat
Corn syrup	Hydrogenated Starch	Succanat
Corn syrup solids	Hydrolysate	Sucrose
Crystallized Cane Juice	Invert sugar	Sugar
D-mannose	Isomalt	Sweetener
Date sugar	Lactitol	Syrup
Demerara	Lactose	Table sugar
Demerara sugar	Levulose	Treacle
Dehydrated Cane Juice	Malt	Turbinado
Dehydrated Cane Juice	Malt extract	Turbinado sugar
Crystals	Malt syrup	Unbleached crystallized Evaporated
Dextran	Maltitol	Cane Juice
Dextrin	Maltitol Syrup	Unbleached Evaporated Sugar Cane
Dextrose (glucose)	Maltodextrin	Juice crystals
Diatase	Maltose	Unbleached sugar cane
Diastatic malt	Mannitol	Unrefined cane juice crystals
Disaccharides	Mannose	Washed cane juice crystals
Erythritol	Maple syrup	White grape juice
Ethyl maltol	Molasses	Xylitol
Evaporated Cane Juice	Monosaccharide	Xylose
Evaporated Cane Juice Crystals	Muscovado	Yellow sugar

While Dr. Simeons does state that saccharine (Sweet 'N Low) and aspartame (NutraSweet and Equal) are allowed, we now know that these artificial sweeteners, along with sucralose (Splenda), are very toxic and almost always cause plateaus. If you have any questions about the toxicity of artificial sweeteners, we refer you to Dr. Mercola's book, *Sweet Deception*.

The only sweetener that is safe to consume during VLCD and Maintenance 1 is Stevia. But be careful! Upon close inspection you will find that brands, like Truvia, claiming to be Stevia simply *contain* it, but it is not the main ingredient. Other sweeteners, like those listed above, are the main ingredient and this can cause a stall in VLCD and a weight gain in Maintenance 1.

The brand of Stevia we recommend is Sweetleaf, which is pure Stevia without any other sweetener. Sweetleaf produces Stevia powder, tablets, liquid, and flavored liquids, as well as "Stevia Plus Fiber" that is safe.