

5 Ways to Drastically Reduce Sugar Consumption

by Dinah McQueen



The 30g's for Life plan views sugar at two levels:

One: At the basic level, sugar is considered to be any added sweetener to foods and drinks.

Two: At the second level, the plan includes all sugars consumed including the naturally occurring sugar in food.

30g's for Life considers the following as added sugar/sweeteners.

1. Glucose
2. Dextrose
3. Sugar – brown, refined, raw, etc.
4. Fructose
5. Barley malt
6. Corn syrup
7. Syrup any kind
8. High-Fructose corn syrup
9. Malt dextrin
10. Sugar alcohols (xylitol, glycerol, sorbitol, maltitol, mannitol, erythritol, etc.)
11. Sucralose (Splenda)
12. Agave
13. Honey

The recommended natural sweetener alternatives are:

1. Stevia - from Stevia plant purchase in pure form – must read ingredients
2. Chicory root – I use the brand name “Just Like Sugar”
3. Lo Han – from Monk fruit – purchase in pure form with no other added sweeteners

To drastically reduce daily consumption of added sugar start with these 5 steps:

1

Avoid sugary drinks such as soft drinks, juice, flavored water, sweet tea, specialty coffee drinks, sports drinks, and sweet cocktails. Drink water, herbal tea sweetened with recommended natural sweeteners, sparkling water with no sweetener, unsweetened almond milk, hemp milk, coconut milk, or coffee/tea with recommended sweetener. It is recommended to read the labels to discover how many grams of sugar you are consuming in your drinks.

2

Reduce your consumption of sweet treats such as cookies, cakes, sweet pastries, ice cream, and candies to half the amount you are currently consuming. Do this in small steps: First, start by having sweet treats every other day instead of every day, then reduce to every third day. Eventually, try to make a commitment to reduce sweet treats to only twice per week by setting a specific target date for each of these levels of commitment. Select some fresh veggies, nuts, or small amount of meat instead of the sweet treat.

3

Become familiar with reading the ingredients and nutrition labels of all food items purchased. Select foods with lower grams of sugar, examples are: regular beans over baked beans (baked beans contain added sugars), actively select the prepared meal with the lesser amount of sugar grams (like selecting the pasta sauce with the lower amount of sugar grams). Reading product nutrition information and making healthier choices may be a little more time consuming, but stay with the process and over time you will know which items are better choices.

Rethink your breakfast menu. Breakfast is one of the most difficult areas to avoid consuming a hefty amount of sugar grams, so eliminating the sweet pastries and sugar filled items can help drastically. Save the waffle or pancakes

4

with syrup for a special treat, only occasionally, or instead have fresh fruit and nut butter with your waffle or pancake. Select cereal with less sugar per serving. When comparing products, make sure the serving sizes are the same. For example, the front of the box might say only 5 grams per serving and the serving size is a ¼ cup, so in eating a cup of cereal you have really consumed 20 grams of sugar. Healthier food choices are eggs, meat, leftovers from the night before, fresh veggie and fruit shake, bagels, toast, hot cereal, etc.

5

Make a commitment to eating fewer grams of sugar on a daily basis. You will lose weight (if you need to), improve your sleeping habits, have better concentration, eliminate or decrease depression and feel better in all aspects of your life - mind, body and spirit!

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About the Author, Dinah McQueen

Dinah has healed her body from MS and has been symptom-free since mid 2009 with significant healing of the optic nerve and other lesions. She enjoys running 5ks, biking, hiking and being out in nature.

In addition she has completed the Nutritional Consultant and Master Herbalist programs at the Global Institute for Alternative Medicine. Dinah has been practicing natural healing energy channeling for over 14 years. The basis of her healing energy practice is Usui Shiki Ryoho Reiki.



In addition to utilizing Reiki energy, Dinah works with natural crystal patterns to enhance the healing process for clients.

Find out more about all of her programs and services at [30 g's for Life](#).