

THE VIRGIN DIET

The Many Names for Sugar & Artificial Sweeteners

As you are eliminating sugar and artificial sweeteners, you need to know all of the different ways they can be hidden in products.

- Acesulfame-K
- Agave
- Aspartame
- Barley Malt
- Beet sugar
- Blackstrap molasses
- Brown sugar
- Cane sugar
- Cane juice crystals
- Caramel
- Carob syrup
- Castor sugar
- Corn sweeteners
- Corn Syrup
- Confectioner's sugar
- Crystalline fructose
- Cyclamates
- Date sugar
- Demerara sugar
- Dextrin
- Dextrose
- Diastatic malt
- Diatase
- D-mannose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Galactose
- Glucose
- High-fructose corn syrup (HFCS)
- Honey
- Invert sugar
- Lactose
- Malt syrup
- Maltodextrin
- Maltose
- Maple syrup
- Molasses
- Neotame
- Raw sugar
- Rice syrup
- Saccharin
- Splenda
- Sucralose
- Sucrose
- Syrup
- Table sugar
- Treacle
- Turbinado sugar

Lateral Shifts from Sugar

Start making these changes:

- Trade your ice cream for So Delicious Dairy Free 1 gram of sugar coconut ice cream
- Trade your sweetened coffee creamer for unsweetened coconut creamer
- Trade your soda and juice for sparkling water with lime or lemon wedge – I love HINT Water
- Trade Asian Dressing for Coconut Aminos and Sesame oil
- Trade Raspberry Vinaigrette for Red Wine Vinaigrette
- Trade 55% dark chocolate for 85% dark chocolate
- If you are currently using sugar, trade it for monk fruit or xylitol and try adding unsweetened vanilla extract and/or cinnamon as well
- Trade that gourmet coffee drink for half-caf with a splash of coconut milk
- Trade sweetened iced tea for fruit essence infused green tea
- Trade orange juice for a fresh orange
- Trade dried raisins for frozen grapes
- Trade ketchup for salsa
- Trade sugar for monk fruit, stevia, xylitol or erythritol

Lateral Shifts

Start making these changes:

- Trade your white bread for gluten free bread
- Trade mashed potatoes for mashed cauliflower
- Trade your white rice for brown rice
- Trade your white potatoes for yams or sweet potatoes
- Trade your corn tortillas for brown rice tortillas
- Trade your corn for beans, especially lentils
- Trade your white pasta quinoa or rice pasta
- Trade your soda and juice for sparkling water with lime or lemon wedge
- If you are currently using sugar, trade it for monkfruit or Xylitol and try adding unsweetened vanilla extract and/or cinnamon as well
- Replace some of your carbs with non-starchy veggies
- Trade that gourmet coffee drink for half-caf with a splash of coconut milk
- Trade sweetened iced tea for fruit essence infused green tea
- Trade orange juice for a fresh orange
- Trade dried raisins for frozen grapes
- Trade ketchup for salsa