

# The Sugar Impact Diet Blueprint

## Test – Taper – Transition – Transformed!

### TEST:

- Take the **Sneaky Sugar Inventory** to identify how much sugar you are actually eating
- Take the **Sugar Impact Quiz** to identify the impact sugar is having on you
- Take your starting weight and measurements

### TAPER (Cycle 1):

- Trade your High Sugar Impact foods for Medium Sugar Impact foods
- Take your weight and measurements
- Record your food and mood daily in your Journal Pages
- Focus on following the portions of the **Sugar Impact Plate** and eating by the **Sugar Impact Clock**

### TRANSITION (Cycle 2):

- Take the **Sugar Impact Quiz** before you start Cycle 2
- Trade your Medium Sugar Impact foods for Low Sugar Impact foods and avoid any Low Sugar Impact foods that are asterisked (ie most fruit)
- Hide or toss the Medium and High Sugar Impact foods
- Record your food and mood journal daily
- Take your weight and measurements weekly
- Check in with **Sugar Impact Quiz** at the two week mark to determine if you should stay in Cycle 2 or shift into Cycle 3

### TRANSFORMED! (Cycle 3):

- Swap 3-4 Low Sugar Impact servings for Medium Sugar Impact servings; 1-2 of these servings should be from fruit
- Have one High Sugar Impact serving at the end of the week
- Weigh, measure and retest at the end of the week. Decide whether you can stay in Cycle 3, or you need to return to Cycle 2

#### **Low Sugar Impact for Life**

Once a year repeat Cycles 1 and 2 to ensure you're retaining your sugar sensitivity, and to bust any plateaus. You should also do Cycles 1 and 2 again if you "fall off the wagon."

# The Virgin Sugar Impact Scale

## Grains, Legumes, Nuts & Seeds

### LOW SUGAR IMPACT

Lentils  
Black Beans  
Black turtle beans  
Boston navy beans  
Broad beans  
Cannellini beans  
Chickpeas  
Fava beans  
French green beans  
Great Northern beans  
Green beans  
Kidney beans  
Lima beans  
Mung beans  
Pinto beans  
Wax beans  
Quinoa  
Hummus  
Wild rice  
Black rice  
Groats  
Long Cooking Oatmeal – rolled or steel cut  
Shirataki noodles  
Lentil soup  
Chili - homemade, no sugar added  
Coconut wraps  
Coconut flour  
Dehydrated unsweetened coconut  
Roasted chestnuts  
Almond flour  
Pumpkin seeds  
Sunflower seeds  
Flax seeds  
Chia seeds  
Sesame seeds  
Hemp seeds  
Pecans  
Brazil nuts  
Cashews  
Hazelnuts  
Macadamia nuts  
Walnuts  
Almonds  
Pine Nuts  
Pistachios  
Poppy seeds  
Peas  
Unsweetened nut butters  
Peanuts – Ideally, choose tree nuts rather than peanuts for their superior fatty acid profile and lower allergenicity potential

### MEDIUM SUGAR IMPACT

Rice pasta  
Arrowroot\*  
Amaranth  
Buckwheat  
Millet  
Rice tortillas  
Sprouted whole grain breads  
Brown rice  
Fermented soy  
Ezekial Sprouted Cereal  
Quinoa flakes  
Quinoa pasta  
Chili - store bought, sugar added  
Amaranth, rice, millet or buckwheat flour  
Garbanzo flour  
Quinoa flour  
Fava bean flour  
Black bean flour  
Rice crackers  
Rice chips  
Bean chips  
Lentil chips  
Nut chips

\*note if a small amount is used in a recipe, i.e. 1 tablespoon for 4 servings, this is safe for Cycle 2

### HIGH SUGAR IMPACT

Gluten free flour blend  
Mung bean noodles  
Honey roasted peanuts  
Cornstarch  
Potato starch  
Glazed nuts  
Sweetened nut butters  
Instant oatmeal  
Instant rice  
Baked beans  
Puffed rice, puffed millet  
Rice cakes  
Polenta  
Corn  
Cornbread  
Wheat bread  
Pasta  
Tortillas  
Couscous  
Soy cheese  
Muffins  
White flour  
Cakes & Pies  
English muffins  
Scones  
Biscotti  
Cream of Wheat  
Pop-tarts  
Grits  
Macaroni and Cheese  
Matzoh  
Pita  
Risotto  
Muesli  
Quick breads  
Sugar cereals  
Barley  
Farro  
Graham crackers  
Water crackers  
Animal crackers  
WASA crackers  
Oyster crackers  
Popcorn  
Corn Tortillas & Corn Chips  
Cookies  
Crackers  
Edamame – This is low sugar, but high in lectins that can cause leptin resistance, choose only organic fermented soy.

# The Virgin Sugar Impact Scale

## Roots & Vegetables

### LOW SUGAR IMPACT

Broccoli  
Cauliflower  
Peppers  
Mushrooms  
Lettuces  
Zucchini  
Bok choy  
Asparagus  
Cabbage  
Radish  
Eggplant  
Artichoke  
Spinach  
Kale  
Watercress  
Mustard greens  
Chard  
Cucumber  
Brussels sprouts  
Celery  
Radicchio  
Okra  
Sprouts  
Escarole  
Onions  
Leeks  
Snow peas  
Sugar snap peas  
Spaghetti squash  
Kale chips  
Maca  
Carrots  
Pumpkin  
Acorn squash  
Butternut squash  
Kabocho squash  
Jicama  
Water chestnuts  
Ginger Root  
Turnips  
Horseradish  
Sauerkraut

### MEDIUM SUGAR IMPACT

Yams  
Sweet potatoes  
Beets  
Parsnips  
Rutabaga

### HIGH SUGAR IMPACT

Potato chips  
Root veggie chips  
White potatoes  
Carrot juice  
Beet juice  
French fries  
Sweet potato fries  
Mashed potatoes

# The Virgin Sugar Impact Scale

## Fruits

### LOW SUGAR IMPACT

Blueberries  
Strawberries  
Raspberries  
Cranberries  
Guava  
Grapefruit  
Cantaloupe  
Nectarines  
Peaches  
Starfruit  
Persimmon  
Oranges  
Tangerines  
Acai berries (no sugar added)  
Lucuma  
Olives\*  
Tomatoes\*  
Gazpacho\*  
Limes\*  
Lemons\*  
Avocado\*

\* 0-1 grams fructose –safe for Cycle 2

### MEDIUM SUGAR IMPACT

Papaya  
Bananas  
Honeydew  
Kiwi  
Plums  
Apricots  
Tangerines  
Tomato juice  
Tomato paste  
Tomato sauce  
Cherries  
Pomegranate  
Mulberry  
Fresh Figs  
Apples  
Pears  
Dates  
Grapes  
Mango  
Watermelon  
Pineapple  
Sundried tomatoes  
V8 Juice

### HIGH SUGAR IMPACT

All dried fruit  
Fruit leather  
Fruit juices  
Gogi berries  
Jams  
Preserves and conserves  
Nectar  
Sorbet  
Fruit juice concentrates  
Canned fruit cocktail  
Fruit juice Popsicles

# The Virgin Sugar Impact Scale

## Low Fat and No Fat Dairy & Diet Foods

### LOW SUGAR IMPACT

No sugar added coconut, cashew or almond milk  
Organic plain full fat Greek style yogurt  
Plain cultured coconut yogurt (no sugar)  
Full fat plain cottage cheese  
Organic creamer  
Plain dairy or coconut kefir  
Flax milk - unsweetened  
Full fat cheeses (avoid blue cheese due to gluten)  
Monkfruit sweetened coconut ice cream  
Full fat cream cheese  
Ricotta cheese  
Mozzarella  
Protein Powder (following my parameters)  
No sugar added coconut creamer  
No sugar added cultured coconut milk  
Nut cheese

### MEDIUM SUGAR IMPACT

Full fat grass fed milk  
Full fat organic milk  
Unsweetened rice milk  
Organic low fat or nonfat plain Greek-style yogurt  
Plain coconut yogurt, sweetened  
Sweetened coconut milk creamer  
Half & half  
Low fat cream cheese spread  
Cream cheese spread  
Whipped cream cheese  
Neufchatel cheese  
Soy cheese  
Part skim mozzarella  
Low fat cheese  
Part skim ricotta

### HIGH SUGAR IMPACT

Pineapple cottage cheese  
Strawberry cream cheese  
Sweetened coffee creamers  
Hot cocoa  
Sweetened whipped cream  
Non-fat cheeses  
Blue cheese  
Nonfat cream cheese  
Reduced fat peanut butter  
Granola bars  
Protein bars  
Dried fruit snacks  
Reduced fat macaroni and cheese  
Low fat Oreos  
Low fat and fat free cookies  
Low/Reduced fat crackers  
Fat free pudding  
Fat free muffins  
Pretzels  
Reduced fat Pringles  
Low fat graham crackers  
Snack packs  
Fat free Twizzlers  
Reduced fat crackers  
Nestle's Quik  
Carnation Instant Breakfast  
Low fat or Fat free Ice cream  
Low fat or Fat free ice cream bars  
Fat free sugar free Jello  
94% fat free microwave popcorn  
Low fat or Lite Frozen Dinners  
Lite Cool Whip  
Ensure  
Flavored coconut yogurt  
Flavored almond milk yogurt  
Breakfast bars  
Fat free baked chips  
Snackwells low fat and fat free cookies and treats  
Fruit added cream cheese  
Nonfat cream cheese  
94% fat free microwave kettle corn  
Whey protein

# The Virgin Sugar Impact Scale

## Dressings

### LOW SUGAR IMPACT

Mustard  
Salsa  
Tabasco  
Vinegar  
Coconut aminos  
Hot sauce  
Nutritional Yeast  
Olive oil  
Macadamia nut oil  
Red Malaysian palm fruit oil  
Sesame oil  
Walnut oil  
Avocado oil  
Tapenade  
Olives  
Pesto  
Sour dill pickles  
Checca Sauce  
Wheat free tamari\*  
Bragg's Liquid Aminos\*

\*if not intolerant to soy

### MEDIUM SUGAR IMPACT

Fish sauce  
Italian dressing  
Green curry sauce  
Red curry sauce  
Caesar dressing  
Marinara sauce (no sugar added)  
Pickle relish  
Sweet pickle relish  
Sweet pickles  
Bread & butter pickles  
Tomato sauce

### HIGH SUGAR IMPACT

BBQ sauce  
Balsamic vinegar  
Balsamic vinaigrette  
Marinara sauce (sugar added)  
Teriyaki sauce  
Worcestershire sauce  
Steak sauce  
Hoisin Sauce  
Sweet chili Sauce  
Brown sauce  
French dressing  
Raspberry vinaigrette  
Asian dressing  
Honey mustard  
Honey mustard dressing  
Ketchup  
Tartar sauce  
Blue cheese dressing  
Ranch dressing  
Thousand Island  
Catalina Dressing  
Cocktail sauce  
Hot and Sour sauce  
Peanut sauce

# The Virgin Sugar Impact Scale

## Drinks

### LOW SUGAR IMPACT

Green tea (no sugar added)  
Unsweetened fruit essence teas  
Teecino  
Hint water  
Water  
Sparkling mineral water  
Organic coffee and decaf coffee  
All teas  
Green drinks\* (greens only no fruit, carrot or beet added)

\*Do not drink on their own – add fiber (and preferably protein)

### MEDIUM SUGAR IMPACT

Dry red wine  
Dry white wine  
Gluten-free beer  
Tequila  
Vodka  
Gin  
Tomato juice  
V8 (not with fruit juice)  
Kombucha tea (no sugar added)

### HIGH SUGAR IMPACT

Beer  
Wines – sweet, dessert  
Champagne  
Port  
Mixed drinks  
Rum  
Brandy  
Soda  
Diet soda  
"Enhanced" waters (that have sweeteners)  
Fruit juices  
Carrot juice  
Sweet tea  
Commercial "smoothies"  
Fuze  
Gatorade  
Sobe  
Vitamin Water  
Rockstar  
PowerAde  
Coconut water  
Kool-Aid  
Crystal Light  
Capri Sun  
Nestle's Quik  
Carnation Instant Breakfast  
Slim Fast

# The Virgin Sugar Impact Scale

## Sweeteners and Added Sugars

### LOW SUGAR IMPACT

Monk fruit  
Stevia  
Xylitol  
85% dark chocolate\*  
100% dark Chocolate  
Raw Cacao (powder and nibs)  
Erythritol  
Chicory  
Inulin

\*Stay off in Cycle 2 unless made with low SI sweetener

### MEDIUM SUGAR IMPACT

Glucose (non GMO)  
Rice syrup  
Cane syrup (non GMO)  
Raw brown sugar (nonprocessed)  
70% or higher dark chocolate  
Coconut sugar  
Local organic raw honey  
Blackstrap molasses  
Sorbitol  
Mannitol  
Coconut palm sugar

### HIGH SUGAR IMPACT

Agave  
Honey (processed)  
Maple syrup  
Molasses  
Fruit juice concentrate  
Processed brown sugar  
Aspartame  
Neotame  
Cyclamates  
Splenda  
Sucralose  
Acesulfame-K  
Saccharin  
Milk chocolate  
<70% dark chocolate  
Maltodextrin  
Crystalline fructose  
HFCS (High Fructose Corn Syrup)  
Corn syrup  
Caramel sauce  
Chocolate syrup  
Candy  
Marshmallows  
Licorice