

HAPPY CLEANSING!
@thegoodfoodfeeling



SUGAR CLEANSE GUIDE

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This sugar cleanse guide is a detailed document on practical tips, sugar science, easy recipes, and most importantly the benefits of the cleanse.



LET'S START

There are a lot of misconceptions around nutrition, especially sugar. For example, are some types of sugar healthier than others? Should all sugars, including fruit, be avoided? Will eliminating sugar help you lose weight, clear up your acne, or alleviate your sleep troubles?

Hope the information shared here empowers you with the information you need to make your own decisions. If you want to chat more, you know where to find me.

Hope this helps! Happy Cleansing <3

P.S. Developing healthy habits is a matter of patience and time, just remember to take baby steps and you'll get there :)

What is sugar cleanse?

Sugar cleanse is a programme that enables you to go through a period (7-10 days) of no sugar consumption including natural and low calorie sweeteners. You can binge on fruit :)

Sugars are carbohydrates that give us energy. The sugar we eat (in any form) is either immediately used by the body or stored by our liver for later use.

While some sugar in the diet provides energy and helps us stay alert, too much sugar can spike blood sugar causing lethargy and hunger. Over time, your body may not be able to lower blood sugar effectively and that increases the risk of chronic diseases.

In addition to managing this risk, there are countless benefits to giving your body a break from sugar consumption. And with this guide, it's not as hard as you imagine.

BENEFITS:

- 1.Improves energy levels
- 2.Reduces inflammation (causes of chronic diseases) in our gut and helps in building back our gut microbiome
- 3.Improves skin health
- 4.Helps in building better immunity
- 5.Helps in weight management
- 6.Makes us feel happy and lifts our mood.

For all the major sweet tooths, here are some tips to keep the cravings at bay.

Let's deal with sugar cravings (tips):

Hydrate, Hydrate, Hydrate:

- 1.Sometimes sweet cravings are a sign of dehydration. Before you go for that piece of chocolate, have a glass of water. When you crave for a sweet drink - try kombucha, coconut water or nimbu pani instead. Check for added sugar.
- 2.I used to drink 3 cups of coffee everyday which has now come down to 1 cup in the morning. Sometimes caffeine causes dehydration, making you crave more sweet stuff.

Eat Natural: Eat naturally-sweet vegetables and fruits like banana, grapes, mangoes, pineapple, pomegranate, sweet potatoes to crowd out your sugar cravings. I recommend seeds, nuts and berries too. Have a handful in the morning or anytime you feel like snacking.

Avoid artificial sweeteners and foods with added sugar: The goal is not to jump from one sweetener to another but to break the consumption habit



Start Moving: Start with simple activities like walking, maybe some morning yoga. Being active helps balance blood sugar levels, boost energy, and reduce tension, decreasing the likelihood that you'll want to self-medicate with sugar. I use nike training 10 minute yoga flow and it really helps me get through the day. It's FREE!

Sleep more and enough: Simple carbohydrates, such as sugar, are the most readily-available source of energy for an exhausted body and mind. If you're sleep deprived, your body will crave the quickest form of energy – sugar.

Apply yin-yang: According to yin-yang principles of eating; eating too much salty food (yang) can lead to cravings for sweets (yin). Balance out the salty food. I use himalayan pink salt mostly and keep changing between regular, pink and herbal salts.

Eliminate fat-free or low-fat foods. Get some good fats: Fat-free, skimmed milks and low fat foods contain high quantities of sugar to compensate for lack of flavour and fat. Start your day with good fats like coconut oil, avocados, flax seeds, chia seeds, soaked walnuts, almonds and raisins (not more than 2-3 nuts each). Yep, eat your fats!

Experiment with spices. Coriander, cinnamon, nutmeg, cloves, and cardamom will naturally sweeten your food and reduce cravings. Yup, think why it's used in baking so much. It's a game changer!

Slow down: Cravings almost always have a psychological component. Do you have anxiety - work, eco, environment, family's health and safety? Identify the underlying cause of your cravings. Morning meditation even if it is for 5-7 minutes has helped me really work on my food imbalances and negative thoughts. I find the headspace app easy and user friendly for guided meditations. It's subscription based but you can find what plan suits you best.



Sugar in the wild:

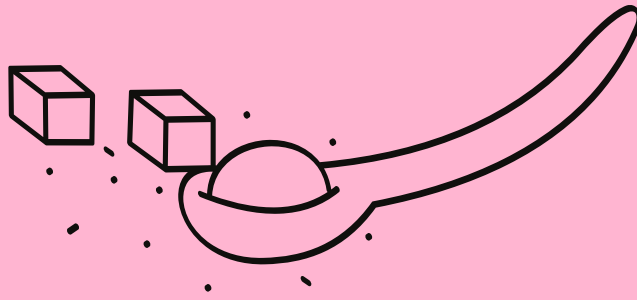
Natural Sugars - Fruits and vegetables. High in nutritional value like minerals, vitamins, antioxidants and fibres.

Sneaky Sugars - Processed foods, store bought sauces, some branded plant based milks, protein powders, salad dressings, cereals, granola bars, flavoured yogurt, canned soups and many more packaged foods. Low in nutritional value.

When reading ingredient labels on packaged foods, you may be surprised to find that sugar isn't always labeled clearly. Some common forms of sugar are below so you can be well informed when grocery shopping or if you are trying to minimise your sugar intake in general.

SUGAR COMES IN MANY FORMS

Sugars	Syrups	Oses & Ides	Natural sugars	Artificial sweeteners	Sugar alcohols
Brown Sugar	Cane Syrup, Date Syrup, Malt Syrup, Rice Syrup	Dextrose	Agave	Aspartame	Erythritol
Cane Sugar	High Fructose Syrup	Lactose	Coconut Nectar, Coconut Sugar, Date Sugar	Saccharin	Glycerol
Confectioner's sugar	Maple Syrup	Galactose, Glucose, Fructose	Honey, Maple Syrup	Stevia	Sorbitol
Raw Sugar	Refiner's Syrup	Maltose, Ribose, Saccharose, Sucrose	Cane Juice, Fruit Juice	Sucralose	Xylitol
		Disaccharide, monosaccharide, polysaccharide	Molasses, Monk Fruit Extract, Rice Malt, Sorghum		



One can make the argument that some sugars mentioned here are good substitutes and better than having processed sugar. I agree!

Eating whole dates and jaggery is absolutely better than having processed sugar.

However, during a sugar cleanse it is advisable to avoid all forms of the sweet stuff except fruit. And hopefully this list can help to identify the sneaky sugars when you're making a decision.

Sugar Report Card:

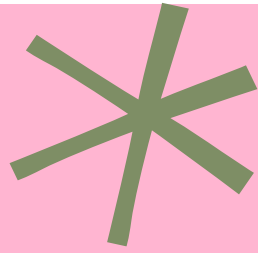
OK: Xylitol, Erythritol, Coconut Sugar, Maple Syrup, Honey

Good: Stevia, Dates, Jaggery

Best: Coconut Milk, Coconut Flesh, Coconut Oil, Cinnamon, Sweet Potato, Whole Fruit, Homemade plant based milk like hazelnut and almond to sweeten your tea/coffee



Recipes:



Mango and Mint nice-cream:

'Tis the season. Pulse 2 frozen mangoes with 200 ml coconut milk, 1 spoon plain almond butter and a handful of mint. It should be chunky. Scoop out and eat :)

Papaya Smoothie:

Blend half a papaya (remove seeds), 1 cup almond milk, 2 dates, and cinnamon. Add ice if you like it cold.

Chocolate Energy Balls:

Process 150 grams dates (soaked in water and ground into a paste), 3/4 cup peanut butter, 3/4 cup rolled oats, 1/4 cup raw cacao powder, 1/4 cup desiccated coconut. Mix and make round balls.

Overnight oats:

Soak rolled oats, chia seeds, 2 chopped date/figs, sunflower seeds with plant based milk overnight. Top it up with banana, pomegranate seeds, flax seed powder, unsweetened peanut butter, roasted coconut flakes.

Avocado Cream Dip:

Blend one small avocado with coconut milk. Add some pink salt. Use it as a dip, dressing or a sandwich spread.

Quick ways to make your own small batch plant based milks:

1. Almond - Soak 100 GMs almonds overnight. Sieve and add the almonds to the blender with 1 cup of fresh water. Sieve with a milk bag or a muslin cloth. Repeat the process 3 times to get all the good stuff.
2. Cashew-cinnamon - Soak 1 cup cashews for 4 hours with a pinch of cinnamon and 1 date. Blend it in a food processor. No need to sieve. It will blend easily and have a thick creamy texture, tasty to consume as it is.
3. Oat milk - Process 1 cup oats and 1 cup cold water (cold water helps process oats and reduces the slime texture) in a blender. Add a pinch of salt. Sieve it with a muslin/nut milk bag.
4. Hazelnut milk - Soak hazelnuts overnight. 1:1 ratio for nuts and water. Add the soaked nuts to the processor with water. Blend. Sieve. Add vanilla essence. Store. Tada!

The milks can be refrigerated for up to a week. I usually finish mine in no time. :)

If you like these recipes, feel free to check out some more on my instapage [TheGoodFoodFeeling](#).

I am so excited for you. Let me know how it goes and keep in touch <3.

