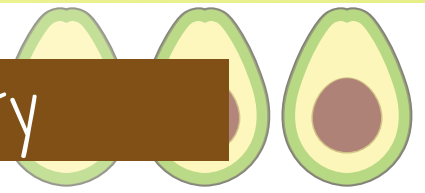


Sugar Suppresses Immunity



Reasons to avoid sugar and sugar-containing foods & beverages:

1. Sugar increases inflammatory lab markers like C-reactive protein (CRP) & Erythrocyte sedimentation rate (ESR)
2. Increased inflammation contributes to Diabetes, Cardiovascular Disease & Obesity- all COVID-19 risk factors
3. Pathogens (viruses, bacteria, fungi, and parasites) all use sugar as their food source which promotes growth
4. Increased sugar intake can lead to weight gain, increases cravings, joint pain, brain fog, fatty liver, diabetes, and on and on...
5. Sugar is an anti-nutrient which leaches nutrients from the gut. This inflames the gut, causes imbalance in the microbiome & reduces immune function (most of your immune system is actually located in your gut!)

FOODS THAT CONTRIBUTE TO INFLAMMATION

(read labels, avoid added sugars)

SUGARS

Sugar
Corn syrup in any form
Fructose
Dextrose/dextrin
Agave
Fruit juice
Honey
Malt
Molasses
Ends with "syrup"
Sucrose
Any word ending with "-ose"



PROCESSED FOODS

Yogurts
(choose those with <15 g carbs)
Cereal/oatmeal/granola
(choose unsweetened versions)
Any dessert or candy
Soups
Salad dressings
Sauces
Prepared meals/frozen meals
Protein bars
Food from most restaurants
Lunchmeats
Condiments
Nut butters

DRINKS

Soda/pop
Fruit juice
Sweet tea
Dairy alternatives
(sweetened varieties)
Alcoholic mixed drinks with
Sugar
Protein powders
Smoothies
(make your own!)
Coffee house type drinks

ANTI-INFLAMMATORY FOODS

(only consume what's allowed on your diet)

WHOLE FOODS

Fish, poultry, beef, lamb, pork, etc.
Eggs
Fish & seafood
Tofu & tempeh
Dairy products (if they don't cause
you trouble!)
Non-starchy vegetables
(should be 50% of your plate!)
Starchy vegetables
(potatoes, yams, root veggies,
corn, etc.)
Whole grains
Legumes/beans
Fruit (1-2 servings daily)
Nuts & Seeds
Healthy fats (oils, butter/ghee,
olives, avocado, coconut, etc.)

SIMPLE INGREDIENT LISTS

Try not to feel overwhelmed, follow these
common sense guidelines:

- Aim to eat great 80% of the time, there is no perfect!
- Cooking from scratch using whole foods gives you control of ingredients
- Healthy processed foods exist, just read the labels and compare products, including the ones mentioned above
- You aren't expected to never have a sweet food again- occasional, reasonable amounts are fine if the rest of your diet is great
- Sweet foods that are OK: fruit, 1 oz. dark chocolate, stevia/erythritol/monk fruit if tolerated in small amounts
- See a dietitian if you need help

DRINKS

Water; filtered, sparkling, or
mineral
Bone Broth
Coconut water
Tea; black, green, herbal
Coffee (if caffeine tolerated)
Fresh juiced fruits and
vegetables (these will be high
in carbs but on occasion ok if
no sugar added)
Nut/seed milk alternatives
(unsweetened)

